

**BIEG TROJAK TRAIL - 10 KM**

Organizator: Fundacja MARATONY GÓRSKIE  
 Data: 2018-07-22  
 Miejsce: Łądek-Zdrój  
 Dystans: 10 km  
 Klasyfikacja wg czasów brutto.


**BIEG TROJAK TRAIL - 10 KM, OPEN**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
1	PRZEDWOJEWSKI BARTŁOMIEJ	284	SALOMON SUUNTO TEAM	GŁUCHOŁAZY	POL	SENIOR I M - 20	1	M 1	00:17:16	00:26:26	00:42:40.40	00:42:42.15	4:16	14.1
2	STAWSKI MICHAŁ	137	TRUCHT.COM	ŁÓDŹ	POL	SENIOR II M - 30	1	M 2	00:19:10	00:29:31	00:47:46.25	00:47:48.50	4:46	12.6
3	WILK MACIEJ	259	ZAŁOGA GÓRSKA	BYTOM	POL	SENIOR II M - 30	2	M 3	00:19:29	00:29:56	00:47:48.15	00:47:52.80	4:46	12.6
4	ŁĄTKA PIOTR	232		OBORNIKI ŚLĄSKIE	POL	SENIOR I M - 20	2	M 4	00:19:11	00:29:48	00:48:26.65	00:48:28.00	4:50	12.4
5	KITA MICHAŁ	18	PĘDZĄCY W MIEJSCU	WROCŁAW	POL	MASTERS M - 40	1	M 5	00:20:22	00:31:39	00:51:16.95	00:51:19.70	5:07	11.7
6	KANTOR MARTYNA	374	BUFF TEAM POLSKA	KRAKÓW		SENIOR I K - 20	1	K 1	00:20:24	00:31:44	00:51:24.60	00:51:27.05	5:08	11.7
7	LUTOWSKI WOJCIECH	403		BYDGOSZCZ		SENIOR II M - 30	3	M 6	00:20:08	00:31:30	00:51:34.00	00:51:35.35	5:09	11.6
8	HACZYK JAROSŁAW	369	BIEG POLSKA	OPOLE		WETERAN I M - 50	1	M 7	00:21:10	00:32:39	00:53:18.25	00:53:22.90	5:19	11.3
9	KRAWCZYK ARTUR	382	ZAŁOGA GÓRSKA	JELENIA GÓRA		SENIOR I M - 20	3	M 8	00:20:33	00:32:27	00:53:30.40	00:53:32.35	5:21	11.2
10	SŁOČIAK RAFAŁ	34	RAJSPOORT ACTIVE	OPOLE	POL	SENIOR I M - 20	4	M 9	00:20:56	00:33:17	00:53:37.65	00:53:41.10	5:21	11.2
11	OLKIS RAFAŁ	395	PRZEBIEGA.PL	WROCŁAW		SENIOR II M - 30	4	M 10	00:21:15	00:32:55	00:53:56.10	00:54:00.70	5:23	11.1
12	ZIOMEK TOMASZ	198	KALENJI BY DECATHLON	BIELSKO-BIAŁA	POL	SENIOR II M - 30	5	M 11	00:20:28	00:32:18	00:53:58.25	00:54:03.75	5:23	11.1
13	KWIATKOWSKA KINGA	225	ALPIN SPORT TEAM	KRAKÓW	POL	SENIOR II K - 30	1	K 2	00:21:50	00:33:42	00:54:07.80	00:54:12.90	5:24	11.1
14	DOMAŃSKI PATRYK	33	#TEAMBIEGIWLKP	POZNAŃ	POL	SENIOR I M - 20	5	M 12	00:22:21	00:34:22	00:54:49.65	00:54:51.55	5:29	10.9
15	KOPYCZOK MICHAŁ	261	TYSŁAWA TEAM	SIEMIANOWICE ŚLĄSKIE	POL	SENIOR II M - 30	6	M 13	00:22:37	00:34:31	00:55:13.10	00:55:16.75	5:31	10.9
16	GAJEWSKI MARCIN	150	EBIEGI.PL	KŁÓDZKO	POL	MASTERS M - 40	2	M 14	00:21:29	00:33:49	00:55:28.95	00:55:31.15	5:32	10.8
17	NETOLICKÝ KAMIL	220	SRTG VÝŠKOV	VÝŠKOV	CZE	SENIOR I M - 20	6	M 15	00:22:23	00:34:28	00:55:38.10	00:55:52.05	5:33	10.8
18	NOWICKI MATEUSZ	37		WROCŁAW	POL	SENIOR I M - 20	7	M 16	00:22:34	00:35:07	00:55:49.90	00:55:55.10	5:35	10.7
19	BOROŃ DARIUSZ	371	ASICS FRONT RUNNER			SENIOR I M - 20	8	M 17	00:21:12	00:33:28	00:56:05.25	00:56:06.80	5:36	10.7
20	CIEPLY MACIEJ	52	NIGHT RUNNERS WROCŁAW	WROCŁAW	POL	SENIOR I M - 20	9	M 18	00:21:48	00:34:13	00:56:11.15	00:56:14.05	5:37	10.7
21	LASEK JAKUB	219	CHICS&SPORT TEAM	OPOLE	POL	SENIOR I M - 20	10	M 19	00:22:41	00:35:25	00:57:01.90	00:57:04.30	5:42	10.5
22	PIETROSZEK RAFAŁ	381	BRUBECK TEAM	STRUMIEŃ		SENIOR I M - 20	11	M 20	00:21:56	00:34:40	00:57:10.60	00:57:14.70	5:43	10.5
23	BUKOWSKI EDWARD	280	KLUCZBORSKA GRUPA BIEGOWA	KLUCZBORK	POL	MASTERS M - 40	3	M 21	00:22:49	00:35:40	00:57:28.85	00:57:32.50	5:44	10.4
24	PAŁETKO GRZEGORZ	16	NYSA BIEGA	JASZENICA DOLNA	POL	SENIOR II M - 30	7	M 22	00:22:33	00:35:02	00:57:26.60	00:57:39.75	5:44	10.4
25	MAJCHRZAK MACIEJ	49		WROCŁAW	POL	SENIOR I M - 20	12	M 23	00:24:04	00:36:06	00:57:37.75	00:57:45.10	5:45	10.4
26	JANUSZEWSKI PIOTR	218	EUROCLEAR RUNNING TEAM	KRAKOW	POL	SENIOR I M - 20	13	M 24	00:22:32	00:35:29	00:58:19.15	00:58:20.45	5:49	10.3
27	CITKO MACIEJ	276	ZAŁOGA GÓRSKA	OPOLE	POL	SENIOR II M - 30	8	M 25	00:23:07	00:36:11	00:58:24.80	00:58:29.60	5:50	10.3
28	KARAMON MARCIN	344	OPOLE BIEGA	OPOLE		MASTERS M - 40	4	M 26	00:23:06	00:36:09	00:58:27.35	00:58:35.70	5:50	10.3
29	KURASZ SZYMON	129	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	SENIOR II M - 30	9	M 27	00:24:07	00:37:07	00:58:40.00	00:58:43.65	5:52	10.2
30	GRAD ŁUKASZ	233	FITNESS PIEKARY LEGNICA	LEGNICA	POL	SENIOR II M - 30	10	M 28	00:24:05	00:37:14	00:58:42.00	00:58:46.95	5:52	10.2
31	KYCIA PIOTR	389		RAWICZ		MASTERS M - 40	5	M 29	00:23:52	00:37:01	00:58:48.40	00:58:53.45	5:52	10.2
32	MAZURKIEWICZ JERZY	367	NIGHT RUNNERS WROCŁAW	WROCŁAW		SENIOR II M - 30	11	M 30	00:22:39	00:35:54	00:58:58.50	00:59:03.15	5:53	10.2
33	JANUSZEWSKI MACIEJ	123	ŚLIMAK BROWARNO-KANAPOWY	WROCŁAW	POL	SENIOR II M - 30	12	M 31	00:23:03	00:36:29	00:59:10.90	00:59:20.70	5:55	10.1
34	SOBCZAK FILIP	135		ŁÓDŹ	POL	SENIOR I M - 20	14	M 32	00:23:00	00:36:35	00:59:30.80	00:59:37.50	5:57	10.1
35	MARGOL PAWEŁ	300	WKS ŚLĄSK WROCŁAW	WROCŁAW	POL	SENIOR II M - 30	13	M 33	00:23:37	00:36:47	00:59:47.45	00:59:56.75	5:58	10
36	CHODOROWSKI KRZYSZTOF	10	PRZEDWOJEWSKI MOUNTAIN TEAM	WROCŁAW	POL	SENIOR II M - 30	14	M 34	00:23:32	00:37:00	00:59:56.50	01:00:07.35	5:59	10
37	PERZ EMILIA	90	WOLSZTYŃSKA AKADEMIA BIEGOWA	BUKOWIEC	POL	SENIOR I K - 20	2	K 3	00:24:47	00:38:13	01:00:09.85	01:00:13.35	6:01	10
38	PRZYBYŁ PIOTR	391		CZACHROWO		MASTERS M - 40	6	M 35	00:24:03	00:37:12	01:00:21.85	01:00:27.20	6:02	9.9
39	KACZMARCZYK PRZEMYSŁAW	152	MATNER RUNNING TEAM/WATAHA	KOBIERZYCE	POL	SENIOR I M - 20	15	M 36	00:22:58	00:36:18	01:00:35.70	01:00:38.20	6:03	9.9
40	BOBRAS ARKADIUSZ	251		PIOTRKÓW TRYBUNALSKI	POL	MASTERS M - 40	7	M 37	00:23:56	00:37:02	01:00:36.90	01:00:41.55	6:03	9.9
41	MIKOŁAJCZYK PIOTR	139	KALENJI BY DECATHLON	BIAŁYSTOK	POL	SENIOR I M - 20	16	M 38	00:24:17	00:38:05	01:00:47.80	01:00:55.50	6:04	9.9
42	OCHMAN PAWEŁ	181	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	SENIOR II M - 30	15	M 39	00:23:19	00:36:30	01:00:59.75	01:01:03.25	6:06	9.8
43	GROMADZKA ANNA	140	KALENJI BY DECATHLON	KIELCE	POL	SENIOR II K - 30	2	K 4	00:23:52	00:37:31	01:01:20.70	01:01:28.95	6:08	9.8
44	CIEŚLAK KRZYSZTOF	365	ULTRAFAZA.PL	ZIELONA GÓRA		SENIOR II M - 30	16	M 40	00:24:47	00:38:17	01:01:28.85	01:01:39.55	6:08	9.8
45	PERENC MICHAŁ	120	HUSARIA RACE TEAM	JAROSŁAW	POL	SENIOR I M - 20	17	M 41	00:24:40	00:38:12	01:01:42.25	01:01:51.45	6:10	9.7
46	BOREJSZO KAROL	250		ŻARY	POL	SENIOR I M - 20	18	M 42	00:24:53	00:38:29	01:01:48.45	01:02:04.70	6:10	9.7

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
47	MALIK AGNIESZKA	414				MASTERS K - 40	1	K 5	00:24:53	00:38:17	01:02:03.60	01:02:13.25	6:12	9.7
48	ŁOMNICKA BARBARA	375				SENIOR II K - 30	3	K 6	00:24:56	00:38:40	01:02:32.10	01:02:37.30	6:15	9.6
49	CHRZANOWSKI PAWEŁ	216		ŁĄDEK-ZDRÓJ	POL	SENIOR II M - 30	17	M 43	00:25:50	00:39:58	01:02:46.60	01:02:49.65	6:16	9.6
50	WUJDA MIROSLAW	68	ERNI RULEZ	DĘBNO	POL	MASTERS M - 40	8	M 44	00:22:48	00:36:58	01:03:13.95	01:03:20.50	6:19	9.5
51	KURIATA PAWEŁ	306		WROCŁAW	POL	SENIOR I M - 20	19	M 45	00:24:30	00:38:44	01:03:17.90	01:03:40.35	6:19	9.5
52	KRUPIŃSKI ZBIGNIEW	383	KOŁO BIEGA	KOŁO		SENIOR II M - 30	18	M 46	00:24:43	00:38:41	01:03:37.70	01:03:41.05	6:21	9.4
53	KOZANECKI PRZEMYSŁAW	130	CONSTRAVIA	POZNAŃ	POL	SENIOR I M - 20	20	M 47	00:25:31	00:39:50	01:03:31.40	01:03:41.40	6:21	9.4
54	WIADERNA NINA	388	SBRT POWIŚLE	WARSZAWA		SENIOR II K - 30	4	K 7	00:25:55	00:40:28	01:03:38.90	01:03:43.25	6:21	9.4
55	NOWACKI MATEUSZ	196		WROCŁAW	POL	SENIOR II M - 30	19	M 48	00:24:30	00:38:39	01:03:40.80	01:03:54.65	6:22	9.4
56	BURA TOMASZ	101		NIECHLÓW	POL	SENIOR II M - 30	20	M 49	00:25:57	00:40:16	01:03:43.55	01:04:03.95	6:22	9.4
57	GŁOMBIEWSKA ZUZANNA	61	BIGYELLOWFOOT ADVENTURE TEAM	GDYNIA	POL	SENIOR I K - 20	3	K 8	00:25:45	00:39:53	01:04:06.60	01:04:09.10	6:24	9.4
58	BANKIEWICZ SZYMON	341		WARSZAWA		SENIOR I M - 20	21	M 50	00:25:11	00:39:29	01:03:43.15	01:04:18.35	6:22	9.4
59	KOLECKI DAMIAN	317	KOLECTEAM ZBĄSZYNEK	ZBĄSZYNEK	POL	MASTERS M - 40	9	M 51	00:24:17	00:38:42	01:04:15.80	01:04:23.05	6:25	9.3
60	KOLECKA SYLWIA	316	KOLECTEAM ZBĄSZYNEK	ZBĄSZYNEK	POL	MASTERS K - 40	2	K 9	00:24:17	00:38:44	01:04:15.85	01:04:23.25	6:25	9.3
61	KOSTROWICKI JAKUB	224		SIERADZ	POL	SENIOR II M - 30	21	M 52	00:25:24	00:39:40	01:04:06.95	01:04:39.05	6:24	9.4
62	KACZMARCZYK MATEUSZ	360	KURORT ŁĄDEK-ZDRÓJ	ŁĄDEK-ZDRÓJ		SENIOR I M - 20	22	M 53	00:25:04	00:39:10	01:04:36.85	01:04:49.75	6:27	9.3
63	SZARSKI JACEK	264		WROCŁAW	POL	SENIOR I M - 20	23	M 54	00:23:13	00:37:49	01:04:57.25	01:05:03.05	6:29	9.2
64	ŁUCZAK MACIEJ	237	BANDA RYCHA	MROWINO	POL	SENIOR II M - 30	22	M 55	00:26:50	00:41:07	01:04:35.70	01:05:17.45	6:27	9.3
65	GAZDA MICHAŁ	128	CONSTRAVIA	POZNAŃ	POL	SENIOR I M - 20	24	M 56	00:25:38	00:40:24	01:05:08.15	01:05:19.45	6:30	9.2
66	HORWAT TOMASZ	299	WKS ŚLĄSK WROCŁAW	WROCŁAW	POL	SENIOR II M - 30	23	M 57	00:25:54	00:40:04	01:04:52.90	01:05:22.60	6:29	9.2
67	KWASIZUR AGATA	260	MUAY RUNNING TEAM	POZNAŃ	POL	SENIOR II K - 30	5	K 10	00:26:30	00:41:17	01:05:20.75	01:05:22.90	6:32	9.2
68	PAZDAN NATALIA	143	KOWARY BIEGAJĄ	KOWARY	POL	SENIOR II K - 30	6	K 11	00:25:27	00:40:19	01:05:36.25	01:05:39.60	6:33	9.1
69	LACHERA KAMILA	21	W POGONI ZA DUCHEM	KATOWICE	POL	SENIOR II K - 30	7	K 12	00:26:19	00:40:54	01:05:28.25	01:05:42.40	6:32	9.2
70	RYBARSKA MARTA	2	LESZ NO LIMITS RUNNERS	DOLSK	POL	SENIOR I K - 20	4	K 13	00:26:08	00:40:57	01:05:44.05	01:05:47.70	6:34	9.1
71	DĄBEK MIROSLAW	179		ZIĘBICE	POL	MASTERS M - 40	10	M 58	00:22:49	00:38:09	01:05:40.80	01:05:54.25	6:34	9.1
72	KUŹMA PRZEMYSŁAW	141	NIEZRZESZONY	JANOWICE	POL	WETERAN I M - 50	2	M 59	00:25:53	00:40:12	01:05:51.20	01:05:55.55	6:35	9.1
73	MITUŁA PAWEŁ	295	ZIĘBICE	WROCŁAW	POL	SENIOR II M - 30	24	M 60	00:26:42	00:41:02	01:05:42.00	01:05:59.20	6:34	9.1
74	PISKUNOWICZ ALEKSANDRA	230		BIAŁOGARD	POL	SENIOR II K - 30	8	K 14	00:25:23	00:39:55	01:05:46.65	01:06:01.35	6:34	9.1
75	BARON PRZEMO	127	CONSTRAVIA	POZNAŃ	POL	SENIOR II M - 30	25	M 61	00:25:41	00:40:15	01:05:55.75	01:06:07.70	6:35	9.1
76	WITEK JAKUB	175	SPRINT	JAWORZE	POL	SENIOR I M - 20	25	M 62	00:25:58	00:40:57	01:06:56.60	01:07:05.45	6:41	9
77	BOCHAN LESŁAW	384		PIŁA		MASTERS M - 40	11	M 63	00:27:03	00:41:47	01:06:52.40	01:07:06.45	6:41	9
78	JONCZYK ADA	293		ŁĄDEK ZDRÓJ	POL	SENIOR I K - 20	5	K 15	00:26:45	00:41:33	01:07:08.35	01:07:14.95	6:42	8.9
79	PÓŁROLNICZAK PAWEŁ	357	OPOLE PARKRUN	ŁUBNIAWA		SENIOR II M - 30	26	M 64	00:27:16	00:41:46	01:07:26.55	01:07:32.50	6:44	8.9
80	DROZD PRZEMYSŁAW	97	RAISPORT ACTIVE	OPOLE	POL	MASTERS M - 40	12	M 65	00:27:08	00:41:44	01:07:38.20	01:07:44.40	6:45	8.9
81	SAWICKI KONRAD	310		WARSZAWA	POL	MASTERS M - 40	13	M 66	00:27:24	00:42:06	01:07:30.05	01:07:47.25	6:45	8.9
82	HACZYK NATALIA	333	MUAY RUNNING TEAM	GORKI		MASTERS K - 40	3	K 16	00:26:45	00:41:16	01:07:58.40	01:08:05.75	6:47	8.8
83	STRZELCZYK WIKTOR	125	HUSARIA RACE TEAM	KOLBUSZOWA	POL	SENIOR II M - 30	27	M 67	00:27:23	00:42:27	01:07:56.55	01:08:06.45	6:47	8.8
84	CYKŁOWSKI WOJCIECH	379	KM PSP OPOLE	TUŁOWIEC		SENIOR I M - 20	26	M 68	00:27:28	00:42:29	01:08:11.30	01:08:19.95	6:49	8.8
85	SERWATKA WOJCIECH	368		KAMIENIEC WROCŁAWSKI		MASTERS M - 40	14	M 69	00:27:48	00:42:39	01:07:53.30	01:08:35.20	6:47	8.8
86	KUCHARSKA ALEKSANDRA	178	DREAM RUN	WARSZAWA	POL	SENIOR II K - 30	9	K 17	00:27:37	00:42:32	01:08:26.90	01:08:35.30	6:50	8.8
87	REJCHAL MICHAŁ	347		WARSZAWA		SENIOR II M - 30	28	M 70	00:27:21	00:42:04	01:08:08.65	01:08:36.25	6:48	8.8
88	CHORZĘPA ADAM	286		SZCZYTNA	POL	WETERAN I M - 50	3	M 71	00:26:51	00:41:36	01:08:38.80	01:08:42.15	6:51	8.7
89	CIEŚLAK JAKUB	370		RZEPIN		SENIOR II M - 30	29	M 72	00:27:04	00:41:42	01:08:33.95	01:08:45.85	6:51	8.8
90	KUZIEL MARCIN	153	BLACK RUNNING STRONIE ŚLĄSKIE	STRONIE ŚLĄSKIE	POL	SENIOR II M - 30	30	M 73	00:26:45	00:41:29	01:08:11.45	01:08:48.45	6:49	8.8
91	SZPIŁAREWICZ BASIA	188	ABY DO METY	ZIĘBICE	POL	MASTERS K - 40	4	K 18	00:27:59	00:42:48	01:08:38.55	01:08:50.45	6:51	8.7
92	PISZCZAŁKA TOMASZ	418	ABY DO METY	TRZEBNICA		SENIOR II M - 30	31	M 74	00:27:58	00:42:47	01:08:43.90	01:08:56.25	6:52	8.7
93	GAŁEK ALEKSANDER	359	PRAGMATIQ.PL	POZNAŃ		SENIOR II M - 30	32	M 75	00:28:44	00:43:38	01:08:57.20	01:09:07.75	6:53	8.7
94	PASTUSZAK MIROSLAW	352	RUN ŁDZ	ŁÓDŹ		WETERAN I M - 50	4	M 76	00:28:15	00:43:18	01:09:09.55	01:09:19.95	6:54	8.7
95	SPYCHAJ MAREK	62		KROTOSZYN	POL	MASTERS M - 40	15	M 77	00:27:22	00:42:40	01:08:52.85	01:09:27.40	6:53	8.7
96	RAKOCZY JERZY	329		ŁĄDEK ZDRÓJ		MASTERS M - 40	16	M 78	00:27:27	00:42:49	01:09:35.75	01:09:38.90	6:57	8.6
97	TOMECKA ALEKSANDRA	271	ZAŁOGA GÓRSKA	KRAKÓW	POL	SENIOR II K - 30	10	K 19	00:27:45	00:42:55	01:09:49.85	01:09:55.40	6:59	8.6
98	KLIN ROBERT	63	WATAHA	BRZEG	POL	MASTERS M - 40	17	M 79	00:26:16	00:41:35	01:09:37.95	01:10:06.30	6:57	8.6
99	JÓŹWIECKI KACPER	364	MUAY RUNNING TEAM	POZNAŃ		SENIOR I M - 20	27	M 80	00:28:54	00:44:27	01:10:21.60	01:10:36.65	7:02	8.5
100	GRABIŃSKA GIZELA	269	ZAŁOGA GÓRSKA	WARSZAWA-WESOŁA	POL	MASTERS K - 40	5	K 20	00:27:50	00:43:18	01:10:37.55	01:10:42.95	7:03	8.5
101	KORYCIŃSKA IZABELA	23		KRAKÓW	POL	SENIOR II K - 30	11	K 21	00:28:56	00:44:59	01:10:32.90	01:10:48.35	7:03	8.5
102	WOJBACH MARCIN	402		STRONIE ŚLĄSKIE		SENIOR II M - 30	33	M 81	00:28:20	00:43:33	01:11:00.65	01:11:10.95	7:06	8.5
103	NIETRZĘBA ROBERT	118		IWINY	POL	MASTERS M - 40	18	M 82	00:28:59	00:45:30	01:10:56.50	01:11:22.20	7:05	8.5

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
104	LEWANDOWSKA PATRYCJA	111	TEAM KURORT LADEK-ZDRÓJ	OŁDRZYCHOWICE KŁODZKIE	POL	SENIOR II K - 30	12	K 22	00:28:34	00:44:35	01:11:18.70	01:11:32.00	7:07	8.4
105	PIOTROWSKA MAGDALENA	103	KLUB BIEGACZA JURUND SZCZYTNO	ŚWIĘTAJNO	POL	SENIOR II K - 30	13	K 23	00:27:56	00:44:44	01:11:31.50	01:11:34.25	7:09	8.4
106	ŚPIEWAK RADOSŁAW	392		ZIELONA GÓRA		SENIOR II M - 30	34	M 83	00:28:08	00:44:32	01:11:54.50	01:12:11.00	7:11	8.3
107	DŁUGOSZ MAREK	292	KB GEOTERMIA UNIEJÓW	WARTKOWICE	POL	WETERAN I M - 50	5	M 84	00:28:23	00:44:27	01:12:05.25	01:12:11.70	7:12	8.3
108	RYBARSKI PIOTR	1		DOLSK	POL	SENIOR II M - 30	35	M 85	00:29:00	00:45:16	01:11:59.55	01:12:17.60	7:11	8.3
109	STEFANOWSKI MARIUSZ	82		OPOLE	POL	MASTERS M - 40	19	M 86	00:28:11	00:43:37	01:12:18.50	01:12:30.20	7:13	8.3
110	KULESZA PAWEŁ	70		KIELCE	POL	SENIOR I M - 20	28	M 87	00:28:33	00:45:38	01:12:15.00	01:12:37.55	7:13	8.3
111	STACHNIK ŁUKASZ	281		KRAKÓW	POL	SENIOR II M - 30	36	M 88	00:30:08	00:46:08	01:12:11.75	01:12:55.30	7:13	8.3
112	ZAJĄC MARCIN	119		JÓZEFOSŁAW	POL	SENIOR II M - 30	37	M 89	00:30:10	00:46:05	01:12:19.70	01:13:05.10	7:14	8.3
113	ROLIŃSKI RADOSŁAW	202		OLEŚNICA	POL	MASTERS M - 40	20	M 90	00:28:09	00:43:48	01:12:51.60	01:13:06.30	7:17	8.2
114	GALA KAMILA	274	ZAŁOGA GÓRSKA	WARSZAWA	POL	SENIOR II K - 30	14	K 24	00:28:04	00:44:43	01:12:59.30	01:13:08.95	7:17	8.2
115	NEUMANN JACEK	211	CENTRUM ŁĄKOWA1	RADKÓW	POL	WETERAN I M - 50	6	M 91	00:28:58	00:44:56	01:12:55.75	01:13:09.60	7:17	8.2
116	RYBA PIOTR	54		KROTOSZYN	POL	MASTERS M - 40	21	M 92	00:28:01	00:44:41	01:12:38.25	01:13:13.55	7:15	8.3
117	GACEK MARIUSZ	72		WARSZAWA	POL	SENIOR I M - 20	29	M 93	00:30:35	00:47:12	01:13:45.30	01:14:08.60	7:22	8.1
118	JASICKI KRZYSZTOF	168		TYCHY	POL	SENIOR II M - 30	38	M 94	00:28:59	00:45:14	01:14:03.40	01:14:09.85	7:24	8.1
119	JASICKA EWA	165		TYCHY	POL	SENIOR II K - 30	15	K 25	00:28:57	00:45:14	01:14:02.85	01:14:10.00	7:24	8.1
120	SZTYLKA DARIUSZ	298	WKS ŚLĄSK WROCŁAW	WROCŁAW	POL	MASTERS M - 40	22	M 95	00:28:01	00:44:16	01:14:02.80	01:14:31.45	7:24	8.1
121	LANG WOJTEK	206	WROCŁAW MARATHON TEAM	WROCŁAW	POL	SENIOR II M - 30	39	M 96	00:28:32	00:45:12	01:14:34.65	01:14:43.50	7:27	8
122	CHOLEWA JOANNA	17		WROCŁAW	POL	SENIOR I K - 20	6	K 26	00:28:30	00:45:11	01:14:34.55	01:14:43.75	7:27	8
123	FRYSIAK PATRYK	283		GNIEZNO	POL	SENIOR I M - 20	30	M 97	00:30:20	00:46:45	01:14:23.45	01:14:49.45	7:26	8.1
124	KULAKOWSKI TOMASZ	156		WARSZAWA	POL	MASTERS M - 40	23	M 98	00:29:20	00:45:40	01:15:26.10	01:15:34.75	7:32	8
125	BIELECKA IWONA	29	PRO-RUN WROCŁAW	WROCŁAW	POL	SENIOR II K - 30	16	K 27	00:28:38	00:44:56	01:15:06.55	01:15:37.25	7:30	8
126	SZKÓDLIŃSKI BARTOSZ	76	NARAMOWICE BIEGAJĄ	POZNAŃ	POL	SENIOR II M - 30	40	M 99	00:29:24	00:46:04	01:15:21.85	01:15:38.05	7:32	8
127	KOT TOMASZ	217		WARSZAWA	POL	SENIOR II M - 30	41	M 100	00:30:04	00:46:56	01:15:45.70	01:15:51.50	7:34	7.9
128	MROZIŃSKI ALBERT	241		ALEKSADRÓW ŁÓDZKI	POL	MASTERS M - 40	24	M 101	00:29:07	00:46:10	01:15:25.90	01:15:56.70	7:32	8
129	BUĆKO ALICJA	146	TATAALI TEAM / VEGE RUNNERS	JELENIA GÓRA	POL	SENIOR I K - 20	7	K 28	00:30:00	00:46:46	01:16:04.80	01:16:14.60	7:36	7.9
130	PLINIEWICZ JOANNA	229		STRONIE ŚLĄSKIE	POL	SENIOR II K - 30	17	K 29	00:30:07	00:47:13	01:16:09.50	01:16:15.20	7:37	7.9
131	WŁODKOWSKA BEATA	84		POZNAŃ	POL	SENIOR II K - 30	18	K 30	00:29:26	00:46:25	01:15:46.20	01:16:20.05	7:34	7.9
132	SOBCZAK MAREK	239	SZCZYTNIKI	SZCZYTNIKI	POL	MASTERS M - 40	25	M 102	00:30:40	00:47:17	01:16:00.80	01:16:20.70	7:36	7.9
133	RYBSKI MARIUSZ	246		SZCZECIN	POL	SENIOR II M - 30	42	M 103	00:30:00	00:47:08	01:16:02.90	01:16:22.50	7:36	7.9
134	CIEŚLAK MAGDALENA	177	ZDROWE !	RZEPIN	POL	SENIOR II K - 30	19	K 31	00:29:04	00:45:38	01:16:19.20	01:16:30.90	7:37	7.9
135	MAZIAREK MICHAŁ	166		NIEMODLIN	POL	SENIOR II M - 30	43	M 104	00:28:43	00:44:56	01:16:01.70	01:16:33.50	7:36	7.9
136	EJSMOND MATEUSZ	399		GDAŃSK		SENIOR II M - 30	44	M 105	00:29:44	00:46:27	01:15:55.00	01:16:34.65	7:35	7.9
137	PIECHWIAK ALEKSANDRA	398		GDAŃSK		SENIOR I K - 20	8	K 32	00:29:44	00:46:27	01:15:55.60	01:16:35.05	7:35	7.9
138	OLEJNICZAK PAULINA	176		ŁÓDŹ	POL	SENIOR I K - 20	9	K 33	00:29:55	00:46:48	01:16:12.70	01:16:37.05	7:37	7.9
139	URBANEK ARTUR	277		ODRZYKOŃ	POL	SENIOR I M - 20	31	M 106	00:29:16	00:45:49	01:16:31.50	01:16:52.00	7:39	7.8
140	ŚWITA TOMASZ	30	PRO RUN WROCŁAW	BIELANY WROCŁAWSKIE	POL	SENIOR II M - 30	45	M 107	00:28:58	00:45:47	01:16:19.90	01:16:52.30	7:38	7.9
141	LUBAŃSKA ALICJA	243	DOBIEGNĘ! BUKOWICE	BUKOWICE	POL	WETERAN K - 50	1	K 34	00:29:11	00:45:50	01:16:53.05	01:16:56.00	7:41	7.8
142	WARSZCZYŃSKA ROMANA	107	LUB WYBIERZ Z LISTY	SIEROSŁAW	POL	MASTERS K - 40	6	K 35	00:28:39	00:45:32	01:16:43.60	01:17:01.95	7:40	7.8
143	PASŁOWSKA-CHODOROWSKA JUSTYNA	394	PRZEBIEGA.PL	WROCŁAW		SENIOR II K - 30	20	K 36	00:30:56	00:48:17	01:16:46.90	01:17:02.70	7:40	7.8
144	GEROWSKA ALEKSANDRA	288	STOWARZYSZENIE PRZYJACIÓŁ ZWIERZĄT NOE	GOSTYŃ	POL	MASTERS K - 40	7	K 37	00:30:51	00:47:36	01:17:00.95	01:17:19.90	7:42	7.8
145	TADROWSKI TOMASZ	92		INOWROCŁAW	POL	MASTERS M - 40	26	M 108	00:31:39	00:48:44	01:16:44.00	01:17:20.70	7:40	7.8
146	KORNAŚ MARCIN	6	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	ZĄBKOWICE ŚLĄSKIE	POL	MASTERS M - 40	27	M 109	00:29:54	00:47:14	01:17:17.45	01:17:28.85	7:43	7.8
147	MICHAŁEC MARZENA	356	Kobietawbiegu	WAŁBRZYCH		SENIOR II K - 30	21	K 38	00:30:21	00:47:11	01:17:02.20	01:17:31.55	7:42	7.8
148	WARSZCZYŃSKI RAFAŁ	108	LUB WYBIERZ Z LISTY	SIEROSŁAW	POL	WETERAN I M - 50	7	M 110	00:28:58	00:45:42	01:17:32.25	01:17:49.75	7:45	7.7
149	WIŚNIEWSKA MARLENA	336	MUAY RUNNING TEAM	POZNAŃ		SENIOR II K - 30	22	K 39	00:32:59	00:49:56	01:18:03.90	01:18:06.15	7:48	7.7
150	FRĄCKOWIAK MARIA	170	CONSTRAVIA	POZNAŃ	POL	SENIOR I K - 20	10	K 40	00:31:14	00:48:56	01:17:43.05	01:18:06.90	7:46	7.7
151	WIDŁAK JULIA	69		WARSZAWA	POL	SENIOR I K - 20	11	K 41	00:31:23	00:48:48	01:17:59.70	01:18:23.40	7:48	7.7
152	HANOUSKOVÁ ESTER	91		KORYČANY	POL	SENIOR II K - 30	23	K 42	00:30:52	00:48:33	01:18:12.95	01:18:34.75	7:49	7.7
153	WYSTRYCHOWSKA MARZENA	7	BFAGENCJA.PL	WARSZAWA	POL	MASTERS K - 40	8	K 43	00:29:30	00:46:32	01:17:55.75	01:18:40.90	7:47	7.7
154	SZCZEPANIAK ADAM	73	TEPE DZIDI	BUGUSZÓW-GORCE	POL	WETERAN I M - 50	8	M 111	00:30:10	00:47:18	01:18:21.65	01:18:43.70	7:50	7.7
155	SZAWARA-ZIÓŁKOWSKA EWELINA	282	KB HARCOWNIK JELCZ-LASKOWICE	JELCZ-LASKOWICE	POL	SENIOR II K - 30	24	K 44	00:31:01	00:48:48	01:18:39.05	01:18:47.75	7:51	7.6
156	BUSS JAKUB	25	KUDOWSCY MIŁOŚNICE BIEGANIA	KUDOWA ZDRÓJ	POL	MASTERS M - 40	28	M 112	00:31:22	00:48:58	01:18:11.75	01:18:57.65	7:49	7.7
157	KOWALSKA MAŁGORZATA	285	KB HARCOWNIK JELCZ-LASKOWICE	JELCZ-LASKOWICE	POL	MASTERS K - 40	9	K 45	00:31:01	00:48:50	01:18:49.90	01:18:57.75	7:53	7.6
158	BABICA PAULINA	144		POZNAŃ	POL	SENIOR II K - 30	25	K 46	00:30:33	00:48:31	01:18:42.75	01:18:57.90	7:52	7.6

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
159	GAŁUSZKA WOJCIECH	244		KETTERING	GBR	SENIOR II M - 30	46	M 113	00:30:41	00:48:02	01:18:18.45	01:18:58.20	7:49	7.7
160	KWIECIEŃ SARA	245		KETTERING	GBR	SENIOR I K - 20	12	K 47	00:30:41	00:48:02	01:18:19.45	01:18:58.35	7:50	7.7
161	BEDNAREK SYLWIA	270	ZAŁOGA GÓRSKA	KRAKÓW	POL	SENIOR II K - 30	26	K 48	00:30:19	00:47:18	01:18:58.05	01:19:04.65	7:53	7.6
162	RAPCZUK TOMASZ	242		CHOCIANÓW	POL	WETERAN I M - 50	9	M 114	00:28:56	00:46:27	01:19:13.45	01:19:20.60	7:55	7.6
163	ZAJĄC KRYSZYNA	27		WAŁBRZYCH	POL	WETERAN II K - 60	1	K 49	00:30:02	00:47:21	01:19:01.55	01:19:25.55	7:54	7.6
164	GARCZYK MARZENA	78		KOZIEGŁOWY	POL	SENIOR II K - 30	27	K 50	00:30:32	00:47:27	01:19:22.15	01:19:27.25	7:56	7.6
165	NIEDZIELA WOJCIECH	207		CZELADŹ	POL	SENIOR I M - 20	32	M 115	00:31:05	00:48:46	01:19:00.25	01:19:27.25	7:54	7.6
166	MARCINIAK ANNA	9		LEGNICA	POL	MASTERS K - 40	10	K 51	00:31:04	00:48:19	01:19:09.05	01:19:40.75	7:54	7.6
167	PTASZYŃSKA JOANNA	98		WROCŁAW	POL	WETERAN K - 50	2	K 52	00:32:10	00:49:18	01:19:27.60	01:19:49.70	7:56	7.6
168	MROZIŃSKA RENATA	240		ALEKSADRÓW ŁÓDZKI	POL	MASTERS K - 40	11	K 53	00:30:22	00:47:29	01:19:19.35	01:19:49.95	7:55	7.6
169	BALICKI JACEK	56	BIEGACZ NOWOSOLNA	ŁÓDŹ	POL	WETERAN I M - 50	10	M 116	00:32:35	00:50:04	01:20:02.00	01:20:06.10	8:00	7.5
170	PIASEKA MARTA	31		WARSZAWA	POL	SENIOR II K - 30	28	K 54	00:31:28	00:48:57	01:19:46.10	01:20:07.50	7:58	7.5
171	HOREJDA SARA	320	ZUMBA	ŁĄDEK ZDRÓJ	POL	SENIOR I K - 20	13	K 55	00:27:54	00:45:21	01:20:24.00	01:20:27.85	8:02	7.5
172	ULIKOWSKA MARTYNA	272	ZAŁOGA GÓRSKA	GOŚCINO	POL	SENIOR I K - 20	14	K 56	00:31:53	00:49:30	01:20:16.65	01:20:29.50	8:01	7.5
173	CZARNY MARZENA	24	JAWORZNOŁĘC	JAWORZNO	POL	SENIOR II K - 30	29	K 57	00:33:01	00:51:03	01:20:13.80	01:20:31.75	8:01	7.5
174	KOPACKA ELIZA	32	FOLLOWME - ZMIENIAMYFINANSE.PL	WAŁBRZYCH	POL	SENIOR II K - 30	30	K 58	00:31:18	00:49:24	01:20:24.70	01:20:41.90	8:02	7.5
175	LULA MAGDALENA	149	PWPW S.A.	WARSZAWA	POL	SENIOR II K - 30	31	K 59	00:32:10	00:49:40	01:20:12.20	01:20:52.35	8:01	7.5
176	HETEL MICHAŁ	301	WKS ŚLĄSK WROCŁAW	WROCŁAW	POL	SENIOR I M - 20	33	M 117	00:30:25	00:48:24	01:20:24.10	01:20:52.65	8:02	7.5
177	NIEMAS ANNA	64	OYAMA KARATE BRZESZCZE	BŁĄŻEJOWICE	POL	MASTERS K - 40	12	K 60	00:32:14	00:50:00	01:20:45.80	01:21:06.00	8:04	7.4
178	WITOS RAFAŁ	226	NAZWA DRUŻYNY	BIAŁYSTOK	POL	SENIOR I M - 20	34	M 118	00:32:48	00:50:54	01:21:05.15	01:21:13.20	8:06	7.4
179	MAJCHRZAK DARIUSZ	401	KM UMK TORUŃ	TORUŃ		WETERAN I M - 50	11	M 119	00:29:41	00:46:30	01:20:40.90	01:21:14.65	8:04	7.4
180	BUSZKA ŁUKASZ	400		ŁÓDŹ		MASTERS M - 40	29	M 120	00:31:13	00:48:36	01:21:17.30	01:21:26.60	8:07	7.4
181	PLEWA KATARZYNA	85	NORDIC16	WROCŁAW	POL	SENIOR II K - 30	32	K 61	00:32:16	00:50:12	01:21:27.05	01:21:37.50	8:08	7.4
182	STASZEWSKI DARIUSZ	36		TOMASZÓW MAZOWIECKI	POL	SENIOR II M - 30	47	M 121	00:33:11	00:50:57	01:21:25.30	01:21:51.30	8:08	7.4
183	TAMBOR JAN	406		KŁODZKO		WETERAN II M - 60	1	M 122	00:32:08	00:49:53	01:21:49.80	01:21:52.05	8:11	7.3
184	FRĄCZEK IWONA	142	NOA	WROCŁAW	POL	SENIOR II K - 30	33	K 62	00:31:36	00:49:23	01:21:36.85	01:21:56.15	8:09	7.4
185	SIUDAK ANNA	204		TULCE	POL	SENIOR II K - 30	34	K 63	00:31:38	00:49:54	01:21:43.65	01:21:58.70	8:10	7.3
186	CIEŚLAK ŁUKASZ	393		OŚNO LUBUSKIE		SENIOR II M - 30	48	M 123	00:31:02	00:49:18	01:22:01.75	01:22:11.55	8:12	7.3
187	WOŁCZEK MAŁGORZATA	338	BIEGAM WSPIERAM MOTYWUJĘ	SULECHÓW		SENIOR II K - 30	35	K 64	00:31:27	00:49:35	01:22:11.75	01:22:23.05	8:13	7.3
188	NIESTROJ ŁUKASZ	159		RACIBÓRZ	POL	SENIOR II M - 30	49	M 124	00:32:26	00:50:51	01:21:57.60	01:22:29.10	8:11	7.3
189	DRYMEL JOANNA	132	DRUMLE2PIES	ŚWIĘTA KATARZYNA	POL	SENIOR II K - 30	36	K 65	00:31:38	00:49:38	01:21:59.10	01:22:35.35	8:11	7.3
190	ZASADA MAGDALENA	81	FAT & FURIOUS	JELENIA GÓRA 14	POL	SENIOR II K - 30	37	K 66	00:33:31	00:52:48	01:22:33.20	01:22:48.55	8:15	7.3
191	PASŁOWSKA OLGA	396	PRZEBIEGA.PL	WROCŁAW		SENIOR II K - 30	38	K 67	00:32:37	00:50:54	01:22:35.95	01:22:51.25	8:15	7.3
192	BISOWSKA KATARZYNA	184	KOZY W UCHU	KOBYŁKA	POL	MASTERS K - 40	13	K 68	00:33:00	00:51:18	01:22:23.40	01:22:53.15	8:14	7.3
193	JAŹWIECKI MARCIN	291	MUAY RUNNING TEAM	POZNAŃ	POL	MASTERS M - 40	30	M 125	00:31:50	00:49:56	01:22:52.80	01:23:07.65	8:17	7.2
194	BRZOZOWSKA KATARZYNA	199		WARSZAWA	POL	SENIOR I K - 20	15	K 69	00:32:03	00:51:04	01:23:08.10	01:23:16.50	8:18	7.2
195	RODZIEWICZ MARTA	164		WARSZAWA	POL	SENIOR I K - 20	16	K 70	00:32:51	00:51:05	01:23:08.85	01:23:16.50	8:18	7.2
196	WIĄCEK MARCIN	289	SUDECKA ZYLETA	GŁUSZYCA	POL	MASTERS M - 40	31	M 126	00:30:42	00:49:19	01:23:05.55	01:23:30.95	8:18	7.2
197	POHL ANNA	322	SPEED FEET 16	ŚMIGIEL		SENIOR I K - 20	17	K 71	00:31:58	00:50:59	01:23:17.85	01:23:37.50	8:19	7.2
198	OLEKSIEWICZ BEATA	222	SZAKALE BALUT ŁÓDŹ	ŁÓDŹ	POL	SENIOR II K - 30	39	K 72	00:33:15	00:51:40	01:23:12.75	01:23:45.25	8:19	7.2
199	DZIUBA AGNIESZKA	349		MIKOŁÓW		SENIOR II K - 30	40	K 73	00:32:38	00:51:06	01:23:41.45	01:23:49.50	8:22	7.2
200	JURCZYK WOJCIECH	351		ŁĄDEK ZDRÓJ		SENIOR II M - 30	50	M 127	00:35:27	00:53:30	01:23:20.70	01:24:02.95	8:20	7.2
201	PREŚ MAGDALENA	203	#WPISZCOKOLWIEK	SMOLEC	POL	SENIOR I K - 20	18	K 74	00:32:29	00:51:13	01:23:45.60	01:24:09.75	8:22	7.2
202	OGRODNIK ANNA	163	RUNNING ACADEMY	WROCŁAW	POL	SENIOR II K - 30	41	K 75	00:32:28	00:51:11	01:24:03.55	01:24:22.60	8:24	7.1
203	LANGE HANNA	215		ŚREM	POL	SENIOR II K - 30	42	K 76	00:32:37	00:50:50	01:24:22.00	01:24:38.90	8:26	7.1
204	GÓRNA ALDONA	214		ŚREM	POL	MASTERS K - 40	14	K 77	00:32:38	00:50:50	01:24:22.75	01:24:39.00	8:26	7.1
205	DUBIEL AGATA	126	WILD DOGS TEAM/SUDECKI KLUB WYSOKOGÓRSKI	JELENIA GÓRA	POL	SENIOR II K - 30	43	K 78	00:33:36	00:52:37	01:24:32.80	01:24:45.95	8:27	7.1
206	GŁÓWKA BARBARA	158		WROCŁAW	POL	SENIOR I K - 20	19	K 79	00:33:35	00:52:59	01:24:21.15	01:24:46.55	8:26	7.1
207	GŁÓWKA MACIEJ	157	BE BETTER	WROCŁAW	POL	SENIOR II M - 30	51	M 128	00:33:36	00:52:57	01:24:21.85	01:24:47.05	8:26	7.1
208	CHADE MARIANNA	318		WROCŁAW	POL	SENIOR II K - 30	44	K 80	00:32:52	00:51:28	01:25:02.70	01:25:15.15	8:30	7.1
209	WILK MATEUSZ	346	RAMBO III	BYTOM		SENIOR II M - 30	52	M 129	00:34:29	00:52:44	01:24:52.30	01:25:20.65	8:29	7.1
210	WILK MARIA	345	RAMBO III	BYTOM		SENIOR II K - 30	45	K 81	00:34:30	00:52:46	01:24:54.75	01:25:21.20	8:29	7.1
211	KRZYŻEWSKI ROGER	60		KRAKÓW	POL	SENIOR II M - 30	53	M 130	00:32:24	00:51:50	01:25:25.65	01:25:40.05	8:32	7
212	KUTYCKA-KUREK ELŻBIETA	314	CHOJRAK TEAM WROCŁAW	WROCŁAW	POL	SENIOR II K - 30	46	K 82	00:33:22	00:52:21	01:25:09.40	01:25:42.80	8:30	7
213	STAWSKA ALICJA	138		ŁÓDŹ	POL	SENIOR II K - 30	47	K 83	00:33:24	00:52:20	01:25:32.85	01:25:49.95	8:33	7
214	GAJDECKI TOMEK	372	ACCENTTURE	.WARSZAWA		SENIOR II M - 30	54	M 131	00:33:31	00:52:27	01:25:18.75	01:25:51.80	8:31	7

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
215	GAJDECKA ADRIANA	131	ORANGE	WARSZAWA	POL	SENIOR II K - 30	48	K 84	00:33:30	00:52:28	01:25:18.45	01:25:51.80	8:31	7
216	JUREWICZ AGATA	319		POZNAN	POL	SENIOR II K - 30	49	K 85	00:33:23	00:52:23	01:25:45.25	01:25:56.45	8:34	7
217	TWARDOWSKA KORNELIA	228		ŚWIĄTNIKI GÓRNE	POL	SENIOR I K - 20	20	K 86	00:33:47	00:52:54	01:25:49.90	01:25:58.85	8:35	7
218	BALCERZAK AGNIESZKA	53		KONARZEWO	POL	MASTERS K - 40	15	K 87	00:33:25	00:53:14	01:25:29.10	01:26:01.70	8:32	7
219	IMIŃSKI CEZARY	122		ZGIERZ	POL	WETERAN I M - 50	12	M 132	00:33:50	00:53:08	01:25:47.90	01:26:08.60	8:34	7
220	WILCZYŃSKI ŁUKASZ	19	1 POMORSKA BRYGADA LOGISTYCZNA	BYDGOSZCZ	POL	SENIOR II M - 30	55	M 133	00:33:17	00:51:48	01:25:56.65	01:26:18.25	8:35	7
221	TARASZEWSKA PAULINA	133	PWPW S.A.	OSTROŁĘKA	POL	SENIOR I K - 20	21	K 88	00:33:47	00:53:07	01:25:45.60	01:26:26.00	8:34	7
222	GADZINOWSKI IGNACY	182		RADOM	POL	WETERAN II M - 60	2	M 134	00:32:28	00:51:05	01:26:09.60	01:26:31.05	8:37	7
223	RYCHŁOWSKI RYSZARD	50		PIŁA	POL	MASTERS M - 40	32	M 135	00:32:29	00:52:10	01:26:36.55	01:26:46.95	8:39	6.9
224	HAJOK MAGDA	94	SBRT GLIWICE	GLIWICE	POL	SENIOR II K - 30	50	K 89	00:32:25	00:52:04	01:26:31.00	01:26:47.25	8:39	6.9
225	JARZĘBSKA AGNIESZKA	48	TU INTER POLSKA SA	WROCŁAW	POL	SENIOR I K - 20	22	K 90	00:34:40	00:53:18	01:26:22.30	01:26:48.30	8:38	6.9
226	NOWAK MACIEJ	189		ŻARÓW	POL	SENIOR II M - 30	56	M 136	00:33:01	00:53:20	01:26:47.80	01:27:10.95	8:40	6.9
227	JAGUSZEWSKA AGNIESZKA	79	FAT & FURIOUS	KARPACZ	POL	SENIOR I K - 20	23	K 91	00:33:31	00:52:47	01:27:15.55	01:27:30.85	8:43	6.9
228	LUCHOWSKA KAROLINA	404	FIZJOTRITERAPIA	WROCŁAW		SENIOR II K - 30	51	K 92	00:33:11	00:52:23	01:27:01.65	01:27:33.00	8:42	6.9
229	MRÓZ URSZULA	209		STRONIE ŚLĄSKIE	POL	WETERAN K - 50	3	K 93	00:33:29	00:52:12	01:27:27.10	01:27:34.05	8:44	6.9
230	BOROWIAK HANNA	104	WOZIMYSIE.PL	KALISZ	POL	SENIOR II K - 30	52	K 94	00:35:55	00:54:33	01:27:24.50	01:27:41.40	8:44	6.9
231	DOWNAR-ZAPOLSKA LAURA	4	@MD_RUN	WROCŁAW	POL	SENIOR I K - 20	24	K 95	00:34:06	00:53:27	01:27:38.75	01:27:45.45	8:45	6.8
232	SOKOŁOWSKA JAGODA	353				SENIOR II K - 30	53	K 96	00:33:01	00:52:20	01:27:20.40	01:27:48.85	8:44	6.9
233	MAJEROWSKI MATEUSZ	180		WOLSZTYN	POL	SENIOR II M - 30	57	M 137	00:33:46	00:53:06	01:27:26.80	01:27:51.95	8:44	6.9
234	FIRLEJ EWELINA	258	GRUNWALD TEAM POZNAŃ	SULECHÓW	POL	SENIOR I K - 20	25	K 97	00:33:20	00:51:56	01:27:48.50	01:28:13.75	8:46	6.8
235	ZBOROWSKI NORBERT	340	GRUNWALD TEAM POZNAŃ	POZNAŃ		SENIOR I M - 20	35	M 138	00:33:24	00:51:56	01:27:49.15	01:28:14.35	8:46	6.8
236	KOPACZYŃSKI MICHAŁ	191		BYSTRZYCA KŁODZKA	POL	SENIOR I M - 20	36	M 139	00:33:10	00:52:14	01:28:09.00	01:28:24.15	8:48	6.8
237	SZCZEPAŃSKI SEBASTIAN	192		BYSTRZYCA KŁODZKA	POL	SENIOR II M - 30	58	M 140	00:33:14	00:52:17	01:28:11.60	01:28:25.55	8:49	6.8
238	GASEK KONRAD	331		ŚWIDNICA		MASTERS M - 40	33	M 141	00:33:25	00:53:14	01:28:08.90	01:28:52.45	8:48	6.8
239	JASICKI JULIAN	174	STROŃSKA GRUPA ROWEROWA	ŁĄDEK-ZDRÓJ	POL	WETERAN II M - 60	3	M 142	00:32:04	00:51:34	01:29:20.25	01:29:29.10	8:56	6.7
240	NOWICKA ANNA	145		KRAKÓW	POL	SENIOR II K - 30	54	K 98	00:33:23	00:53:43	01:29:01.05	01:29:36.55	8:54	6.7
241	WALA PATRYK	262	ZAŁOGA GÓRSKA	ZĄBKOWICE ŚLĄSKIE	POL	SENIOR I M - 20	37	M 143	00:33:12	00:53:18	01:29:48.60	01:30:03.05	8:58	6.7
242	SAWALA ANETA	41	TRANCE ONLY	POZNAŃ	POL	MASTERS K - 40	16	K 99	00:33:47	00:54:06	01:29:43.15	01:30:18.50	8:58	6.7
243	SAWALA SŁAWOMIR	43	TRANCE ONLY	POZNAŃ	POL	MASTERS M - 40	34	M 144	00:33:51	00:54:06	01:29:43.15	01:30:18.65	8:58	6.7
244	PRZYBYŁ JOLANTA	390		CZACHROWO		MASTERS K - 40	17	K 100	00:35:01	00:54:44	01:30:19.20	01:30:37.25	9:01	6.6
245	KRAWCZYK MAGDALENA	252		ULAN-MAJORAT	POL	SENIOR II K - 30	55	K 101	00:37:37	00:57:50	01:30:55.40	01:31:06.90	9:05	6.6
246	NEUMANN BEATA	212	CENTRUM ŁĄKOWA 1	RADKÓW	POL	WETERAN K - 50	4	K 102	00:34:39	00:54:37	01:31:44.05	01:32:00.25	9:10	6.5
247	ŚWIERCZYŃSKA BARBARA	86		WARSZAWA	POL	SENIOR I K - 20	26	K 103	00:35:46	00:55:42	01:31:38.50	01:32:12.20	9:09	6.5
248	KACZMAREK KASIA	187		WROCŁAW	POL	MASTERS K - 40	18	K 104	00:34:30	00:54:10	01:31:45.05	01:32:18.10	9:10	6.5
249	STAWSKA NATALIA	95		KRAKÓW	POL	SENIOR II K - 30	56	K 105	00:33:50	00:53:38	01:31:41.95	01:32:21.90	9:10	6.5
250	WŁOSKOWICZ KINGA	46		WĄCHOCK	POL	MASTERS K - 40	19	K 106	00:36:29	00:57:28	01:33:28.75	01:33:34.65	9:20	6.4
251	KSIĄŻKIEWICZ KATARZYNA	75	ROCKY BALBOA RUNNING CLUB	BYTOM	POL	SENIOR II K - 30	57	K 107	00:36:36	00:56:21	01:33:29.05	01:33:56.05	9:20	6.4
252	WIADEREK SŁAWOMIR	162	PĘDZĄCE ŻÓŁWIE	WARSZAWA	POL	WETERAN I M - 50	13	M 145	00:35:48	00:57:03	01:33:50.50	01:34:25.40	9:23	6.4
253	WIADEREK PIOTR	161	PĘDZĄCE ŻÓŁWIE	WARSZAWA	POL	SENIOR II M - 30	59	M 146	00:35:48	00:57:04	01:33:51.60	01:34:25.55	9:23	6.4
254	CHWIAŁKOWSKA EWA	71		TORUŃ	POL	WETERAN K - 50	5	K 108	00:36:17	00:57:05	01:34:11.35	01:34:41.05	9:25	6.4
255	HACZYK GABRIELA	328	BIEG OPOLSKI	OPOLE		WETERAN II K - 60	2	K 109	00:35:29	00:55:59	01:34:01.50	01:34:42.25	9:24	6.4
256	KOWALEWSKA ANNA	38		ŚWIDNICA	POL	SENIOR II K - 30	58	K 110	00:35:09	00:55:36	01:34:19.35	01:34:42.70	9:25	6.4
257	KUZIOMKO ANIA	290	AMA TEAM	LEGNICA	POL	MASTERS K - 40	20	K 111	00:35:43	00:55:34	01:34:19.85	01:34:43.30	9:26	6.4
258	JAŚKOWIAK TOMASZ	278		POZNAŃ	POL	MASTERS M - 40	35	M 147	00:33:19	00:53:20	01:34:11.30	01:34:50.85	9:25	6.4
259	SZAFRAŃSKA JOANNA	334	PARKRUN ŚWINOUJŚCIE	ŚWINOUJŚCIE		WETERAN K - 50	6	K 112	00:35:33	00:57:10	01:34:55.30	01:35:25.35	9:29	6.3
260	MICHAŁSKA AGNIESZKA	335	PARKRUN ŚWINOUJŚCIE	ŚWINOUJŚCIE		WETERAN K - 50	7	K 113	00:35:52	00:57:10	01:34:54.25	01:35:25.45	9:29	6.3
261	RIPPELOVÁ JITKA	221	SRTG VÝŠKOV	BOHDALICE	CZE	SENIOR I K - 20	27	K 114	00:37:15	00:57:12	01:35:02.85	01:35:27.00	9:30	6.3
262	ŚRÓDKA ALEKSANDRA	12		TRZEBNICA	POL	SENIOR II K - 30	59	K 115	00:36:28	00:57:46	01:35:12.90	01:35:40.45	9:31	6.3
263	PLUTA MICHALINA	100		LESZNO	POL	SENIOR II K - 30	60	K 116	00:36:18	00:57:25	01:35:24.75	01:36:01.95	9:32	6.3
264	NOWAK WOJCIECH	380		WROCŁAW		MASTERS M - 40	36	M 148	00:34:55	00:56:22	01:35:59.20	01:36:28.95	9:35	6.3
265	SAPUREK ANNA	326	BUKOWSKI KLUB BIEGACZA	BUK		SENIOR II K - 30	61	K 117	00:36:14	00:58:20	01:36:11.75	01:36:30.40	9:37	6.2
266	WALEŃDA KATARZYNA	315	BIEGNĘ POD PRZYMUSEM	LESZNOWOLA	POL	MASTERS K - 40	21	K 118	00:37:20	00:58:12	01:36:31.75	01:36:42.95	9:39	6.2
267	RAPACZ DANUTA	327	SPEEDO POLSKA	STRONIE ŚLĄSKIE		WETERAN II K - 60	3	K 119	00:36:15	00:57:33	01:36:40.40	01:36:51.80	9:40	6.2
268	BĄŁYS DARIUSZ	337	WK GOPR	STRONIE ŚLĄSKIE		MASTERS M - 40	37	M 149	00:36:38	00:57:36	01:36:45.55	01:36:52.90	9:40	6.2
269	CZYŻ ALEKSANDRA	39	VEGE RUNNERS	ZIELONA GÓRA	POL	SENIOR II K - 30	62	K 120	00:36:00	00:57:26	01:36:28.40	01:36:53.25	9:38	6.2
270	WRÓBLEWSKA ROKSANA	405		WAŁBRZYCH		SENIOR I K - 20	28	K 121	00:38:08	00:59:03	01:36:59.00	01:37:39.55	9:41	6.2
271	KULIK DAMIAN	415	M&M&M&M	STRASSEN	LUX	SENIOR II M - 30	60	M 150	00:35:40	00:56:47	01:36:56.95	01:37:49.55	9:41	6.2

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
272	MUSZELAK MAGDALENA	416	M&M&M&M	POZNAŃ		SENIOR II K - 30	63	K 122	00:36:03	00:56:49	01:36:58.70	01:37:49.55	9:41	6.2
273	MUSIELAK MAREK	417	M&M&M&M	POZNAŃ		SENIOR II M - 30	61	M 151	00:35:49	00:56:46	01:36:57.15	01:37:49.60	9:41	6.2
274	KONIKOWSKI PAWEŁ	197		POZNAŃ	POL	WETERAN II M - 60	4	M 152	00:35:34	00:57:12	01:37:42.85	01:38:04.25	9:46	6.1
275	KOŁODZIEJ ALICJA	205		LEGNICA	POL	SENIOR II K - 30	64	K 123	00:38:17	00:59:50	01:38:16.35	01:38:34.55	9:49	6.1
276	KOZERA KAMIL	28	HARPAGAN SOSNOWIEC	DĄBROWA GÓRNICZA		SENIOR II M - 30	62	M 153	00:39:41	00:59:42	01:38:41.60	01:38:54.50	9:52	6.1
277	SZYMAŃSKA-ANTOSIAK MONIKA	227	TMTEAM	WROCŁAW	POL	SENIOR II K - 30	65	K 124	00:38:04	00:59:04	01:38:48.80	01:39:07.45	9:52	6.1
278	KUTY MONIKA	397	DRUŻYNA MARZEŃ	KOŁO		MASTERS K - 40	22	K 125	00:39:03	01:00:55	01:38:56.95	01:39:18.80	9:53	6.1
279	KOŃ ALEKSANDRA	208	LZS LIPA	BOLKÓW	POL	SENIOR II K - 30	66	K 126	00:39:48	01:01:01	01:38:50.20	01:39:26.05	9:53	6.1
280	PAKUŁA ARKADIUSZ	355		KROSNO		MASTERS M - 40	38	M 154	00:38:21	00:59:38	01:39:20.30	01:39:31.40	9:56	6
281	DOWLASZEWICZ MAŁGORZATA	312		WROCŁAW	POL	MASTERS K - 40	23	K 127	00:38:08	01:01:41	01:39:31.90	01:39:54.85	9:57	6
282	WITCZAK ANNA	313		MŁYNOWIEC	POL	MASTERS K - 40	24	K 128	00:38:07	01:01:40	01:39:32.10	01:39:55.35	9:57	6
283	HRABAŃSKA-RACZAK BEATA	213		KATOWICE	POL	SENIOR II K - 30	67	K 129	00:39:44	01:01:13	01:39:29.45	01:40:03.80	9:56	6
284	ŁYSKAWA MICHAŁ	55		KROTOSZYN	POL	MASTERS M - 40	39	M 155	00:34:21	00:56:14	01:39:46.85	01:40:22.85	9:58	6
285	KLIN ANETA	273		BRZEG	POL	MASTERS K - 40	25	K 130	00:36:42	00:58:22	01:39:55.65	01:40:24.25	9:59	6
286	PARZONKA NATALIA	287	KS LENIWIEC	KĘPNO	POL	SENIOR I K - 20	29	K 131	00:41:23	01:02:39	01:40:33.30	01:41:09.60	10:03	6
287	MAŁEK PIOTR	376	MORSY TUREK	TUREK		MASTERS M - 40	40	M 156	00:38:51	01:01:23	01:40:32.25	01:41:10.05	10:03	6
288	WYSOCKI GRZEGORZ	378	MORSY TUREK	WŁADYSŁAWÓW		MASTERS M - 40	41	M 157	00:38:49	01:01:21	01:40:32.95	01:41:10.60	10:03	6
289	OLEK-WYSOCKA MONIKA	377	MORSY TUREK	RYSSOCIE		SENIOR II K - 30	68	K 132	00:38:57	01:01:23	01:40:32.65	01:41:10.90	10:03	6
290	ZAGROBELNA MAGDALENA	210	DRUŻYNA SZPIKU	WROCŁAW	POL	MASTERS K - 40	26	K 133	00:40:16	01:02:00	01:40:49.10	01:41:15.40	10:04	6
291	CZAJKOWSKA MAŁGORZATA	113	KOŁO BIEGA	KOLONIA POWIERCIE	POL	MASTERS K - 40	27	K 134	00:39:03	01:00:56	01:41:03.20	01:41:24.15	10:06	5.9
292	CZAJKOWSKI KRZYSZTOF	115	KOŁO BIEGA	POWIERCIE KOLONIA	POL	MASTERS M - 40	42	M 158	00:39:02	01:00:56	01:41:01.65	01:41:24.30	10:06	5.9
293	MATUSZEWSKA PAULINA	106	HUSE TEAM	BIELSKO-BIAŁA	POL	MASTERS K - 40	28	K 135	00:41:02	01:03:23	01:41:18.00	01:41:40.55	10:07	5.9
294	ADAMCZEWSKA MARIA	235	FOREVER YOUNG ŁÓDŹ	ŁÓDŹ	POL	MASTERS K - 40	29	K 136	00:37:50	01:00:40	01:42:12.90	01:42:29.80	10:13	5.9
295	PACZUSKA MAŁGORZATA	247	FOREVER YOUNG ŁÓDŹ	ŁÓDŹ	POL	WETERAN II K - 60	4	K 137	00:37:48	01:00:40	01:42:17.35	01:42:34.60	10:13	5.9
296	PLAWIAK-MOWNA ANNA	223		ZIELONA GÓRA	POL	MASTERS K - 40	30	K 138	00:37:09	01:00:14	01:42:31.85	01:42:49.65	10:15	5.9
297	DĄBROWSKA KAROLINA	248		SZCZECIN	POL	SENIOR II K - 30	69	K 139	00:40:20	01:03:32	01:42:30.85	01:42:50.55	10:15	5.9
298	ZAJĄC AGNIESZKA	117		JÓZEFOSŁAW	POL	MASTERS K - 40	31	K 140	00:40:15	01:02:38	01:42:33.25	01:43:18.65	10:15	5.9
299	WYSTRYCHOWSKI MARCIN	5	BFAGENCJA.PL	WARSZAWA	POL	SENIOR II M - 30	63	M 159	00:40:12	01:02:37	01:42:33.20	01:43:19.85	10:15	5.9
300	KARWOWSKI SŁAWOMIR	253		CZEMIERNIKI	POL	MASTERS M - 40	43	M 160	00:40:00	01:04:21	01:43:20.35	01:43:32.80	10:20	5.8
301	PAPIERZ-RYKAŁA ALEKSANDRA	309		MYSLENICE	POL	SENIOR II K - 30	70	K 141	00:41:07	01:03:16	01:43:33.85	01:44:14.55	10:21	5.8
302	KOŁODZIEK ANNA	13	NIGHT RUNNERS	KRAKÓW	POL	SENIOR I K - 20	30	K 142	00:39:45	01:03:07	01:44:06.85	01:44:25.70	10:24	5.8
303	WAWRZYŃIAK MARIUSZ	385		GÓRZÓW WIELKOPOLSKI		SENIOR II M - 30	64	M 161	00:42:33	01:08:24	01:43:49.65	01:44:37.50	10:23	5.8
304	PIGŁOWSKI DAWID	386	S-ULTRA	SANOCKO		SENIOR II M - 30	65	M 162	00:36:32	01:02:24	01:37:54.25	01:44:44.35	9:47	6.1
305	KIELASZEWSKA WERONIKA	99		WŁOSZAKOWICE	POL	SENIOR II K - 30	71	K 143	00:39:27	01:02:40	01:45:08.45	01:45:45.65	10:30	5.7
306	KIELASZEWSKI KAROL	102	LESZ NO LIMITS RUNNERS	LESZNO	POL	SENIOR II M - 30	66	M 163	00:39:29	01:02:42	01:45:11.65	01:45:48.35	10:31	5.7
307	DEC ANETA	89	ERNI RULEZ	DĘBNO	POL	MASTERS K - 40	32	K 144	00:41:30	01:05:01	01:45:27.85	01:46:10.80	10:32	5.7
308	KUROWSKA BIANKA	311		ŚWIDNICA	POL	SENIOR I K - 20	31	K 145	00:39:53	01:05:19	01:45:52.95	01:46:25.45	10:35	5.7
309	DEC ARTUR	88	ERNI RULEZ	DĘBNO	POL	MASTERS M - 40	44	M 164	00:41:30	01:05:02	01:45:51.55	01:46:34.05	10:35	5.7
310	SUDNICKA URSZULA	44	MESONDŽI LAJF STAJL	POZNAŃ	POL	SENIOR II K - 30	72	K 146	00:41:10	01:05:19	01:46:29.30	01:46:39.60	10:38	5.6
311	LULA RADOŚLAŃ	155		WARSZAWA	POL	MASTERS M - 40	45	M 165	00:34:09	00:56:52	01:46:05.00	01:46:45.80	10:36	5.7
312	WODZIEŃ DOROTA	348		KOŁACZYCE		MASTERS K - 40	33	K 147	00:38:53	01:02:59	01:46:37.20	01:47:15.85	10:39	5.6
313	WODZIEŃ ANDRZEJ	419		RZESZÓW		MASTERS M - 40	46	M 166	00:38:55	01:02:58	01:46:36.50	01:47:15.95	10:39	5.6
314	ZAPORA AGNIESZKA	332	W POGONI ZA DUCHEM	SARNÓW		SENIOR II K - 30	73	K 148	00:40:24	01:04:53	01:47:17.65	01:47:33.85	10:43	5.6
315	RAJCZAKOWSKA ANETA	171		WROCŁAW	GER	SENIOR II K - 30	74	K 149	00:40:14	01:03:14	01:48:42.70	01:49:10.25	10:52	5.5
316	LATANOWICZ KAROLINA	257	LAQ	POZNAŃ	POL	SENIOR II K - 30	75	K 150	00:42:13	01:07:31	01:48:33.35	01:49:12.00	10:51	5.5
317	RAJCZAKOWSKA ANNA	172		ŁĄDEK-ZDRÓJ	POL	WETERAN K - 50	8	K 151	00:40:12	01:03:14	01:48:48.70	01:49:15.65	10:52	5.5
318	RABSCH-SURMACZ EWA	67		POZNAŃ	POL	MASTERS K - 40	34	K 152	00:41:33	01:05:50	01:48:59.30	01:49:21.70	10:53	5.5
319	NIEZGÓDKA SYLWIA	268	ZAŁOGA GÓRSKA	WROCŁAW	POL	MASTERS K - 40	35	K 153	00:42:53	01:05:55	01:49:09.65	01:49:23.10	10:55	5.5
320	BURCHARDT JULIA	339		BYDGOSZCZ		SENIOR I K - 20	32	K 154	00:39:54	01:05:16	01:49:29.65	01:50:04.60	10:57	5.5
321	BURCHARDT MIRKA	167	PUDZIAN	BYDGOSZCZ	POL	WETERAN II K - 60	5	K 155	00:39:56	01:05:16	01:49:30.30	01:50:04.65	10:57	5.5
322	TABOROWICZ MAGDALENA	387		WROCŁAW		SENIOR II K - 30	76	K 156	00:38:33	01:03:24	01:49:59.90	01:50:14.10	11:00	5.5
323	WIŚNIEWSKA MAGDALENA	323		WILCZYŃ		SENIOR II K - 30	77	K 157	00:38:30	01:02:41	01:50:23.45	01:50:44.00	11:02	5.4
324	KISIAŁA EDYTA	201		KRAKÓW	POL	SENIOR I K - 20	33	K 158	00:39:24	01:05:22	01:51:32.85	01:52:15.80	11:09	5.4
325	KISIAŁA FILIP	96	LACHO TEAM	KRAKÓW	POL	SENIOR II M - 30	67	M 167	00:39:23	01:05:20	01:51:32.95	01:52:16.25	11:09	5.4
326	OLCZYK ANNA	194	PRZEDBÓRZ	PRZEDBÓRZ	POL	MASTERS K - 40	36	K 159	00:40:59	01:06:19	01:52:55.70	01:53:09.75	11:17	5.3
327	PASTUSZKA JOANNA	200	RUNLDZ	ŁÓDŹ	POL	WETERAN K - 50	9	K 160	00:41:00	01:06:22	01:52:57.45	01:53:10.30	11:17	5.3
328	SMOGORZEWSKA MARTA	26	WKURW_TEAM	WARSZAWA	POL	SENIOR II K - 30	78	K 161	00:42:22	01:07:49	01:53:38.05	01:54:16.05	11:21	5.3

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
329	KRYNICKA ANNA	173		ŁĄDEK-ZDRÓJ	POL	MASTERS K - 40	37	K 162	00:42:01	01:07:13	01:53:50.20	01:54:17.30	11:23	5.3
330	STAWSKA ANNA	121	WQRW_TEAM	LUXEMBOURG	LUX	SENIOR II K - 30	79	K 163	00:48:47	00:49:20	01:57:21.60	01:58:02.95	11:44	5.1
331	DZICZKOWSKA MAŁGORZATA	373	ABY DO METY	ZŁOTY STOK		SENIOR II K - 30	80	K 164	00:48:37	01:18:12	02:02:46.25	02:03:09.80	12:16	4.9
332	DZICZKOWSKI MACIEJ	408	ABY DO METY	ZŁOTY STOK		SENIOR I M - 20	38	M 168	00:48:37	01:18:15	02:02:45.75	02:03:10.60	12:16	4.9
333	KLINKE-OSADNIK ANETA	193	ABY DO METY	ZĄBKOWICE ŚLĄSKIE	POL	MASTERS K - 40	38	K 165	00:48:59	01:18:12	02:02:47.50	02:03:11.55	12:16	4.9
334	ADAMIAK MARTA	186		ZŁOTY STOK	POL	SENIOR II K - 30	81	K 166	00:49:18	01:18:15	02:02:47.85	02:03:13.85	12:16	4.9
335	KONOPACKI KRZYSZTOF	185	ABY DO METY!	ZĄBKOWICE ŚLĄSKIE	POL	MASTERS M - 40	47	M 169	00:49:07	01:18:14	02:02:48.05	02:03:14.40	12:16	4.9
336	BOMBA JAROSŁAW	40		ŁĄDEK-ZDRÓJ	POL	MASTERS M - 40	48	M 170	00:44:37	01:15:16	02:05:18.20	02:05:38.85	12:31	4.8
337	MATKOWSKA PAULINA	350		TRZEBIEL		SENIOR I K - 20	34	K 167	00:44:37	01:15:18	02:05:18.95	02:05:38.90	12:31	4.8
338	ROBAK ANETA	42		ŁĄDEK ZDRÓJ	POL	SENIOR II K - 30	82	K 168	00:44:36	01:15:16	02:05:19.10	02:05:39.75	12:31	4.8
339	KUIPERS MIES	324				WETERAN II K - 60	6	K 169	00:43:36	01:13:34	02:05:14.50	02:05:46.50	12:31	4.8
340	SCHELVIS WOUTER	325				WETERAN II M - 60	5	M 171	00:43:40	01:13:34	02:05:15.60	02:05:46.50	12:31	4.8
341	SIECZKOWSKI ARTUR	15	NATURAL BORN RUNNERS TEAM	KOSTRZYN NAD ODRĄ	POL	MASTERS M - 40	49	M 172	00:49:12	01:18:31	02:06:20.30	02:06:59.05	12:38	4.7
342	NAĆKIEWICZ JUSTYNA	330		BRZESKO		MASTERS K - 40	39	K 170	00:49:49	01:18:27	02:06:19.05	02:06:59.25	12:37	4.7
343	KRUZEL RAFAŁ	296	BIEGOWE MISIE	LEGNICA	POL	MASTERS M - 40	50	M 173	00:45:34	01:11:56	02:06:37.95	02:07:08.40	12:39	4.7
344	KUCZAKOWSKA ASIA	297	BIEGOWE MISIE	LEGNICA	POL	SENIOR II K - 30	83	K 171	00:45:34	01:11:56	02:06:39.05	02:07:08.75	12:39	4.7
345	WALENCIAK PAULINA	275		PACZKOWO	POL	SENIOR I K - 20	35	K 172	00:48:02	01:16:04	02:07:02.55	02:07:41.10	12:42	4.7
346	ŚCIOCH MARTA	256	NIE WIERZĘ, ŻE TO ROBIĘ	PRUSZKÓW	POL	WETERAN K - 50	10	K 173	00:47:05	01:16:24	02:07:48.25	02:07:53.45	12:46	4.7
347	ŚCIOCH ANDRZEJ	255	NIE WIERZĘ, ŻE TO ROBIĘ	PRUSZKÓW	POL	WETERAN I M - 50	14	M 174	00:47:06	01:16:24	02:07:50.15	02:07:54.45	12:47	4.7
348	KRAWCZYK BOŻENA	254	NIE WIERZĘ, ŻE TO ROBIĘ	ULAN-MAJORAT	POL	WETERAN II K - 60	7	K 174	00:47:08	01:16:22	02:07:56.55	02:08:01.90	12:47	4.7
349	BAKOWSKA MARIA	279	ZAŁOGA GÓRSKA	GNIEZNO	POL	WETERAN II K - 60	8	K 175	00:47:57	01:17:12	02:10:45.95	02:11:27.90	13:04	4.6
350	WINIARSKI ROBERT	59		LEGNICA	POL	MASTERS M - 40	51	M 175	00:43:03	01:12:42	02:11:21.25	02:12:08.10	13:08	4.6
351	KWIATKOWSKA BARBARA	110		WOJNOWICE	POL	WETERAN II K - 60	9	K 176	00:44:22	01:13:47	02:13:01.70	02:13:49.30	13:18	4.5
352	DEMBIEC LUCYNA	45	MESONDŽI LAJF STAJL	KALISZ POMORSKI	POL	SENIOR II K - 30	84	K 177	01:08:53	01:38:56	02:31:11.05	02:31:20.85	15:07	4
353	MADERA BOGDAN	134		ŚWIDNICA	POL	WETERAN I M - 50	15	M 176	00:57:59	01:29:59	02:31:37.55	02:32:19.50	15:09	4
354	SOKOŁOWSKI KAZIMIERZ	109		GDAŃSK	POL	WETERAN II M - 60	6	M 177	00:57:39	01:30:28	02:31:58.90	02:32:28.25	15:11	3.9
355	SOKOŁOWSKI MACIEJ	354		ŁĄDEK ZDRÓJ		MASTERS M - 40	52	M 178	00:57:39	01:30:29	02:31:58.30	02:32:28.90	15:11	3.9
0	PRZEDWOJEWSKI BARTŁOMIEJ	284	SALOMON SUUNTO TEAM	GŁUCHOŁĄZY	POL	SENIOR I M - 20	1	M 1	00:17:16	00:26:26	00:42:40.40	00:42:42.15	4:16	14.1
1	STAWSKI MICHAŁ	137	TRUCHT.COM	ŁÓDŹ	POL	SENIOR II M - 30	1	M 2	00:19:10	00:29:31	00:47:46.25	00:47:48.50	4:46	12.6
2	WILK MACIEJ	259	ZAŁOGA GÓRSKA	BYTOM	POL	SENIOR II M - 30	2	M 3	00:19:29	00:29:56	00:47:48.15	00:47:52.80	4:46	12.6
3	ŁĄTKA PIOTR	232		OBORNIKI ŚLĄSKIE	POL	SENIOR I M - 20	2	M 4	00:19:11	00:29:48	00:48:26.65	00:48:28.00	4:50	12.4
4	KITA MICHAŁ	18	PĘDZĄCY W MIEJSCU	WROCŁAW	POL	MASTERS M - 40	1	M 5	00:20:22	00:31:39	00:51:16.95	00:51:19.70	5:07	11.7
5	KANTOR MARTYNA	374	BUFF TEAM POLSKA	KRAKÓW		SENIOR I K - 20	1	K 1	00:20:24	00:31:44	00:51:24.60	00:51:27.05	5:08	11.7
6	LUTOWSKI WOJCIECH	403		BYDGOSZCZ		SENIOR II M - 30	3	M 6	00:20:08	00:31:30	00:51:34.00	00:51:35.35	5:09	11.6
7	HACZYK JAROSŁAW	369	BIEG POLSKA	OPOLE		WETERAN I M - 50	1	M 7	00:21:10	00:32:39	00:53:18.25	00:53:22.90	5:19	11.3
8	KRAWCZYK ARTUR	382	ZAŁOGA GÓRSKA	JELENIA GÓRA		SENIOR I M - 20	3	M 8	00:20:33	00:32:27	00:53:30.40	00:53:32.35	5:21	11.2
9	SŁOCIAK RAFAŁ	34	RAJSPORT ACTIVE	OPOLE	POL	SENIOR I M - 20	4	M 9	00:20:56	00:33:17	00:53:37.65	00:53:41.10	5:21	11.2
10	OLKIS RAFAŁ	395	PRZEBIEGA.PL	WROCŁAW		SENIOR II M - 30	4	M 10	00:21:15	00:32:55	00:53:56.10	00:54:00.70	5:23	11.1
11	ZIOMEK TOMASZ	198	KALENJI BY DECATHLON	BIELSKO-BIAŁA	POL	SENIOR II M - 30	5	M 11	00:20:28	00:32:18	00:53:58.25	00:54:03.75	5:23	11.1
12	KWIATKOWSKA KINGA	225	ALPIN SPORT TEAM	KRAKÓW	POL	SENIOR II K - 30	1	K 2	00:21:50	00:33:42	00:54:07.80	00:54:12.90	5:24	11.1
13	DOMAŃSKI PATRYK	33	#TEAMBIEGIWLKP	POZNAŃ	POL	SENIOR I M - 20	5	M 12	00:22:21	00:34:22	00:54:49.65	00:54:51.55	5:29	10.9
14	KOPYCZOK MICHAŁ	261	TYSŁAWA TEAM	SIEMIANOWICE ŚLĄSKIE	POL	SENIOR II M - 30	6	M 13	00:22:37	00:34:31	00:55:13.10	00:55:16.75	5:31	10.9
15	GAJEWSKI MARCIN	150	EBIEGI.PL	KŁODZKO	POL	MASTERS M - 40	2	M 14	00:21:29	00:33:49	00:55:28.95	00:55:31.15	5:32	10.8
16	NETOLICKÝ KAMIL	220	SRTG VYŠKOV	VYŠKOV	CZE	SENIOR I M - 20	6	M 15	00:22:23	00:34:28	00:55:38.10	00:55:52.05	5:33	10.8
17	NOWICKI MATEUSZ	37		WROCŁAW	POL	SENIOR I M - 20	7	M 16	00:22:34	00:35:07	00:55:49.90	00:55:55.10	5:35	10.7
18	BOROŃ DARIUSZ	371	ASICS FRONT RUNNER			SENIOR I M - 20	8	M 17	00:21:12	00:33:28	00:56:05.25	00:56:06.80	5:36	10.7
19	CIEPLY MACIEJ	52	NIGHT RUNNERS WROCŁAW	WROCŁAW	POL	SENIOR I M - 20	9	M 18	00:21:48	00:34:13	00:56:11.15	00:56:14.05	5:37	10.7
20	LA SEK JAKUB	219	CHICS&SPORT TEAM	OPOLE	POL	SENIOR I M - 20	10	M 19	00:22:41	00:35:25	00:57:01.95	00:57:04.30	5:42	10.5
21	PIETROSZEK RAFAŁ	381	BRUBECK TEAM	STRUMIEN		SENIOR I M - 20	11	M 20	00:21:56	00:34:40	00:57:10.60	00:57:14.70	5:43	10.5
22	BUKOWSKI EDWARD	280	KLUCZBORSKA GRUPA BIEGOWA	KLUCZBORK	POL	MASTERS M - 40	3	M 21	00:22:49	00:35:40	00:57:28.85	00:57:32.50	5:44	10.4
23	PAŁETKO GRZEGORZ	16	NYSA BIEGA	JASZENICA DOLNA	POL	SENIOR II M - 30	7	M 22	00:22:33	00:35:02	00:57:26.60	00:57:39.75	5:44	10.4
24	MAJCHRZAK MACIEJ	49		WROCŁAW	POL	SENIOR I M - 20	12	M 23	00:24:04	00:36:06	00:57:37.75	00:57:45.10	5:45	10.4
25	JANUSZEWSKI PIOTR	218	EUROCLEAR RUNNING TEAM	KRAKOW	POL	SENIOR I M - 20	13	M 24	00:22:32	00:35:29	00:58:19.15	00:58:20.45	5:49	10.3
26	CITKO MACIEJ	276	ZAŁOGA GÓRSKA	OPOLE	POL	SENIOR II M - 30	8	M 25	00:23:07	00:36:11	00:58:24.80	00:58:29.60	5:50	10.3
27	KARAMON MARCIN	344	OPOLE BIEGA	OPOLE		MASTERS M - 40	4	M 26	00:23:06	00:36:09	00:58:27.35	00:58:35.70	5:50	10.3
28	KURAS SZYMON	129	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	SENIOR II M - 30	9	M 27	00:24:07	00:37:07	00:58:40.00	00:58:43.65	5:52	10.2
29	GRAD ŁUKASZ	233	FITNESS PIEKARY LEGNICA	LEGNICA	POL	SENIOR II M - 30	10	M 28	00:24:05	00:37:14	00:58:42.00	00:58:46.95	5:52	10.2

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
30	KYCIA PIOTR	389		RAWICZ		MASTERS M - 40	5	M 29	00:23:52	00:37:01	00:58:48.40	00:58:53.45	5:52	10.2
31	MAZURKIEWICZ JERZY	367	NIGHT RUNNERS WROCLAW	WROCLAW		SENIOR II M - 30	11	M 30	00:22:39	00:35:54	00:58:58.50	00:59:03.15	5:53	10.2
32	JANUSZEWSKI MACIEJ	123	ŚLIMAK BROWARNO-KANAPOWY	WROCLAW	POL	SENIOR II M - 30	12	M 31	00:23:03	00:36:29	00:59:10.90	00:59:20.70	5:55	10.1
33	SOBCZAK FILIP	135		ŁÓDŹ	POL	SENIOR I M - 20	14	M 32	00:23:00	00:36:35	00:59:30.80	00:59:37.50	5:57	10.1
34	MARGOL PAWEŁ	300	WKS ŚLĄSK WROCLAW	WROCLAW	POL	SENIOR II M - 30	13	M 33	00:23:37	00:36:47	00:59:47.45	00:59:56.75	5:58	10
35	CHODOROWSKI KRZYSZTOF	10	PRZEDWOJEWSKI MOUNTAIN TEAM	WROCLAW	POL	SENIOR II M - 30	14	M 34	00:23:32	00:37:00	00:59:56.50	01:00:07.35	5:59	10
36	PERZ EMILIA	90	WOLSZTYŃSKA AKADEMIA BIEGOWA	BUKOWIEC	POL	SENIOR I K - 20	2	K 3	00:24:47	00:38:13	01:00:09.85	01:00:13.35	6:01	10
37	PRZYBYŁ PIOTR	391		CZACHROWO		MASTERS M - 40	6	M 35	00:24:03	00:37:12	01:00:21.85	01:00:27.20	6:02	9.9
38	KACZMARCZYK PRZEMYSŁAW	152	MATNER RUNNING TEAM/WATAHA	KOBIERZYCE	POL	SENIOR I M - 20	15	M 36	00:22:58	00:36:18	01:00:35.70	01:00:38.20	6:03	9.9
39	BOBRAS ARKADIUSZ	251		PIOTRKÓW TRYBUNALSKI	POL	MASTERS M - 40	7	M 37	00:23:56	00:37:02	01:00:36.90	01:00:41.55	6:03	9.9
40	MIKOŁAJCZYK PIOTR	139	KALENJI BY DECATHLON	BIAŁYSTOK	POL	SENIOR I M - 20	16	M 38	00:24:17	00:38:05	01:00:47.80	01:00:55.50	6:04	9.9
41	OCHMAN PAWEŁ	181	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	SENIOR II M - 30	15	M 39	00:23:19	00:36:30	01:00:59.75	01:01:03.25	6:06	9.8
42	GROMADZKA ANNA	140	KALENJI BY DECATHLON	KIELCE	POL	SENIOR II K - 30	2	K 4	00:23:52	00:37:31	01:01:20.70	01:01:28.95	6:08	9.8
43	CIEŚLAK KRZYSZTOF	365	ULTRAFAZA.PL	ZIELONA GÓRA		SENIOR II M - 30	16	M 40	00:24:47	00:38:17	01:01:28.85	01:01:39.55	6:08	9.8
44	PERENC MICHAŁ	120	HUSARIA RACE TEAM	JAROSŁAW	POL	SENIOR I M - 20	17	M 41	00:24:40	00:38:12	01:01:42.25	01:01:51.45	6:10	9.7
45	BOREJSZO KAROL	250		ŻARY	POL	SENIOR I M - 20	18	M 42	00:24:53	00:38:29	01:01:48.45	01:02:04.70	6:10	9.7
46	MALIK AGNIESZKA	414				MASTERS K - 40	1	K 5	00:24:53	00:38:17	01:02:03.60	01:02:13.25	6:12	9.7
47	ŁOMNICKA BARBARA	375				SENIOR II K - 30	3	K 6	00:24:56	00:38:40	01:02:32.10	01:02:37.30	6:15	9.6
48	CHRZANOWSKI PAWEŁ	216		ŁĄDEK-ZDRÓJ	POL	SENIOR II M - 30	17	M 43	00:25:50	00:39:58	01:02:46.60	01:02:49.65	6:16	9.6
49	WUJDA MIROSŁAW	68	ERNI RULEZ	DĘBNO	POL	MASTERS M - 40	8	M 44	00:22:48	00:36:58	01:03:13.95	01:03:20.50	6:19	9.5
50	KURIATA PAWEŁ	306		WROCLAW	POL	SENIOR I M - 20	19	M 45	00:24:30	00:38:44	01:03:17.90	01:03:40.35	6:19	9.5
51	KRUPIŃSKI ZBIGNIEW	383	KOŁO BIEGA	KOŁO		SENIOR II M - 30	18	M 46	00:24:43	00:38:41	01:03:37.70	01:03:41.05	6:21	9.4
52	KOZANECKI PRZEMYSŁAW	130	CONSTRAVIA	POZNAŃ	POL	SENIOR I M - 20	20	M 47	00:25:31	00:39:50	01:03:31.40	01:03:41.40	6:21	9.4
53	WIADERNA NINA	388	SBRT POWIŚLE	WARSZAWA		SENIOR II K - 30	4	K 7	00:25:55	00:40:28	01:03:38.90	01:03:43.25	6:21	9.4
54	NOWACKI MATEUSZ	196		WROCLAW	POL	SENIOR II M - 30	19	M 48	00:24:30	00:38:39	01:03:40.80	01:03:54.65	6:22	9.4
55	BURA TOMASZ	101		NIECHLÓW	POL	SENIOR II M - 30	20	M 49	00:25:57	00:40:16	01:03:43.55	01:04:03.95	6:22	9.4
56	GŁOMBIOWSKA ZUZANNA	61	BIGYELLOWFOOT ADVENTURE TEAM	GDYNIA	POL	SENIOR I K - 20	3	K 8	00:25:45	00:39:53	01:04:06.60	01:04:09.10	6:24	9.4
57	BANKIEWICZ SZYMON	341		WARSZAWA		SENIOR I M - 20	21	M 50	00:25:11	00:39:29	01:03:43.15	01:04:18.35	6:22	9.4
58	KOLECKI DAMIAN	317	KOLECTEAM ZBĄSZYNEK	ZBĄSZYNEK	POL	MASTERS M - 40	9	M 51	00:24:17	00:38:42	01:04:15.80	01:04:23.05	6:25	9.3
59	KOLECKA SYLWIA	316	KOLECTEAM ZBĄSZYNEK	ZBĄSZYNEK	POL	MASTERS K - 40	2	K 9	00:24:17	00:38:44	01:04:15.85	01:04:23.25	6:25	9.3
60	KOSTROWICKI JAKUB	224		SIERADZ	POL	SENIOR II M - 30	21	M 52	00:25:24	00:39:40	01:04:06.95	01:04:39.05	6:24	9.4
61	KACZMARCZYK MATEUSZ	360	KURORT ŁĄDEK-ZDRÓJ	ŁĄDEK-ZDRÓJ		SENIOR I M - 20	22	M 53	00:25:04	00:39:10	01:04:36.85	01:04:49.75	6:27	9.3
62	SZARSKI JACEK	264		WROCLAW	POL	SENIOR I M - 20	23	M 54	00:23:13	00:37:49	01:04:57.25	01:05:03.05	6:29	9.2
63	ŁUCZAK MACIEJ	237	BANDA RYCHA	MROWINO	POL	SENIOR II M - 30	22	M 55	00:26:50	00:41:07	01:04:35.70	01:05:17.45	6:27	9.3
64	GAZDA MICHAŁ	128	CONSTRAVIA	POZNAŃ	POL	SENIOR I M - 20	24	M 56	00:25:38	00:40:24	01:05:08.15	01:05:19.45	6:30	9.2
65	HORWAT TOMASZ	299	WKS ŚLĄSK WROCLAW	WROCLAW	POL	SENIOR II M - 30	23	M 57	00:25:54	00:40:04	01:04:52.90	01:05:22.60	6:29	9.2
66	KWASIZUR AGATA	260	MUAY RUNNING TEAM	POZNAŃ	POL	SENIOR II K - 30	5	K 10	00:26:30	00:41:17	01:05:20.75	01:05:22.90	6:32	9.2
67	PAZDAN NATALIA	143	KOWARY BIEGAJĄ	KOWARY	POL	SENIOR II K - 30	6	K 11	00:25:27	00:40:19	01:05:36.25	01:05:39.60	6:33	9.1
68	LACHERA KAMILA	21	W POGONI ZA DUCHEM	KATOWICE	POL	SENIOR II K - 30	7	K 12	00:26:19	00:40:54	01:05:28.25	01:05:42.40	6:32	9.2
69	RYBARSKA MARTA	2	LESZ NO LIMITS RUNNERS	DOLSK	POL	SENIOR I K - 20	4	K 13	00:26:08	00:40:57	01:05:44.05	01:05:47.70	6:34	9.1
70	DĄBEK MIROSŁAW	179		ZIĘBICE	POL	MASTERS M - 40	10	M 58	00:22:49	00:38:09	01:05:40.80	01:05:54.25	6:34	9.1
71	KUŹMA PRZEMYSŁAW	141	NIEZRZESZONY	JANOWICE	POL	WETERAN I M - 50	2	M 59	00:25:53	00:40:12	01:05:51.20	01:05:55.55	6:35	9.1
72	MITUŁA PAWEŁ	295	ZIĘBICE	WROCLAW	POL	SENIOR II M - 30	24	M 60	00:26:42	00:41:02	01:05:42.00	01:05:59.20	6:34	9.1
73	PISKUNOWICZ ALEKSANDRA	230		BIALOGARD	POL	SENIOR II K - 30	8	K 14	00:25:23	00:39:55	01:05:46.65	01:06:01.35	6:34	9.1
74	BARON PRZEMO	127	CONSTRAVIA	POZNAŃ	POL	SENIOR II M - 30	25	M 61	00:25:41	00:40:15	01:05:55.75	01:06:07.70	6:35	9.1
75	WITEK JAKUB	175	SPRINT	JAWORZE	POL	SENIOR I M - 20	25	M 62	00:25:58	00:40:57	01:06:56.60	01:07:05.45	6:41	9
76	BOCHAN LEŚLAW	384		PIŁA		MASTERS M - 40	11	M 63	00:27:03	00:41:47	01:06:52.40	01:07:06.45	6:41	9
77	JOŃCZYK ADA	293		ŁĄDEK ZDRÓJ	POL	SENIOR I K - 20	5	K 15	00:26:45	00:41:33	01:07:08.35	01:07:14.95	6:42	8.9
78	PÓŁROLNICZAK PAWEŁ	357	OPOLE PARKRUN	ŁUBNIAWA		SENIOR II M - 30	26	M 64	00:27:16	00:41:46	01:07:26.55	01:07:32.50	6:44	8.9
79	DROZD PRZEMYSŁAW	97	RAISPORT ACTIVE	OPOLE	POL	MASTERS M - 40	12	M 65	00:27:08	00:41:44	01:07:38.20	01:07:44.40	6:45	8.9
80	SAWICKI KONRAD	310		WARSZAWA	POL	MASTERS M - 40	13	M 66	00:27:24	00:42:06	01:07:30.05	01:07:47.25	6:45	8.9
81	HACZYK NATALIA	333	MUAY RUNNING TEAM	GORKI		MASTERS K - 40	3	K 16	00:26:45	00:41:16	01:07:58.40	01:08:05.75	6:47	8.8
82	STRZELCZYK WIKTOR	125	HUSARIA RACE TEAM	KOLBUSZOWA	POL	SENIOR II M - 30	27	M 67	00:27:23	00:42:27	01:07:56.55	01:08:06.45	6:47	8.8
83	CYKŁOWSKI WOJCIECH	379	KM PSP OPOLE	TUŁOWIEC		SENIOR I M - 20	26	M 68	00:27:28	00:42:29	01:08:11.30	01:08:19.95	6:49	8.8
84	SERWATKA WOJCIECH	368		KAMIEŃC WROCŁAWSKI		MASTERS M - 40	14	M 69	00:27:48	00:42:39	01:07:53.30	01:08:35.20	6:47	8.8
85	KUCHARSKA ALEKSANDRA	178	DREAM RUN	WARSZAWA	POL	SENIOR II K - 30	9	K 17	00:27:37	00:42:32	01:08:26.90	01:08:35.30	6:50	8.8
86	REJCHAL MICHAŁ	347		WARSZAWA		SENIOR II M - 30	28	M 70	00:27:21	00:42:04	01:08:08.65	01:08:36.25	6:48	8.8











**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
313	ZAPORA AGNIESZKA	332	W POGONI ZA DUCHEM	SARNÓW		SENIOR II K - 30	73	K 148	00:40:24	01:04:53	01:47:17.65	01:47:33.85	10:43	5.6
314	RAJCZAKOWSKA ANETA	171		WROCLAW	GER	SENIOR II K - 30	74	K 149	00:40:14	01:03:14	01:48:42.70	01:49:10.25	10:52	5.5
315	LATANOWICZ KAROLINA	257	LAQ	POZNAŃ	POL	SENIOR II K - 30	75	K 150	00:42:13	01:07:31	01:48:33.35	01:49:12.00	10:51	5.5
316	RAJCZAKOWSKA ANNA	172		ŁĄDEK-ZDRÓJ	POL	WETERAN K - 50	8	K 151	00:40:12	01:03:14	01:48:48.70	01:49:15.65	10:52	5.5
317	RABSCH-SURMACZ EWA	67		POZNAŃ	POL	MASTERS K - 40	34	K 152	00:41:33	01:05:50	01:48:59.30	01:49:21.70	10:53	5.5
318	NIEZGÓDKA SYLWIA	268	ZAŁOGA GÓRSKA	WROCLAW	POL	MASTERS K - 40	35	K 153	00:42:53	01:05:55	01:49:09.65	01:49:23.10	10:55	5.5
319	BURCHARDT JULIA	339		BYDGOSZCZ		SENIOR I K - 20	32	K 154	00:39:54	01:05:16	01:49:29.65	01:50:04.60	10:57	5.5
320	BURCHARDT MIRKA	167	PUDZIAN	BYDGOSZCZ	POL	WETERAN II K - 60	5	K 155	00:39:56	01:05:16	01:49:30.30	01:50:04.65	10:57	5.5
321	TABOROWICZ MAGDALENA	387		WROCLAW		SENIOR II K - 30	76	K 156	00:38:33	01:03:24	01:49:59.90	01:50:14.10	11:00	5.5
322	WIŚNIEWSKA MAGDALENA	323		WILCZYŃ		SENIOR II K - 30	77	K 157	00:38:30	01:02:41	01:50:23.45	01:50:44.00	11:02	5.4
323	KISIAŁA EDYTA	201		KRAKÓW	POL	SENIOR I K - 20	33	K 158	00:39:24	01:05:22	01:51:32.85	01:52:15.80	11:09	5.4
324	KISIAŁA FILIP	96	LACHO TEAM	KRAKÓW	POL	SENIOR II M - 30	67	M 167	00:39:23	01:05:20	01:51:32.95	01:52:16.25	11:09	5.4
325	OLCZYK ANNA	194	PRZEDBÓRZ	PRZEDBÓRZ	POL	MASTERS K - 40	36	K 159	00:40:59	01:06:19	01:52:55.70	01:53:09.75	11:17	5.3
326	PASTUSZKA JOANNA	200	RUNLDZ	ŁÓDŹ	POL	WETERAN K - 50	9	K 160	00:41:00	01:06:22	01:52:57.45	01:53:10.30	11:17	5.3
327	SMOGORZEWSKA MARTA	26	WKURW_TEAM	WARSZAWA	POL	SENIOR II K - 30	78	K 161	00:42:22	01:07:49	01:53:38.05	01:54:16.05	11:21	5.3
328	KRYNICKA ANNA	173		ŁĄDEK-ZDRÓJ	POL	MASTERS K - 40	37	K 162	00:42:01	01:07:13	01:53:50.20	01:54:17.30	11:23	5.3
329	STAWSKA ANNA	121	WQRW_TEAM	LUXEMBOURG	LUX	SENIOR II K - 30	79	K 163	00:48:47	00:49:20	01:57:21.60	01:58:02.95	11:44	5.1
330	DZICZKOWSKA MAŁGORZATA	373	ABY DO METY	ZŁOTY STOK		SENIOR II K - 30	80	K 164	00:48:37	01:18:12	02:02:46.25	02:03:09.80	12:16	4.9
331	DZICZKOWSKI MACIEJ	408	ABY DO METY	ZŁOTY STOK		SENIOR I M - 20	38	M 168	00:48:37	01:18:15	02:02:45.75	02:03:10.60	12:16	4.9
332	KLINKE-OSADNIK ANETA	193	ABY DO METY	ZĄBKOWICE ŚLĄSKIE	POL	MASTERS K - 40	38	K 165	00:48:59	01:18:12	02:02:47.50	02:03:11.55	12:16	4.9
333	ADAMIAK MARTA	186		ZŁOTY STOK	POL	SENIOR II K - 30	81	K 166	00:49:18	01:18:15	02:02:47.85	02:03:13.85	12:16	4.9
334	KONOPACKI KRZYSZTOF	185	ABY DO METY!	ZĄBKOWICE ŚLĄSKIE	POL	MASTERS M - 40	47	M 169	00:49:07	01:18:14	02:02:48.05	02:03:14.40	12:16	4.9
335	BOMBA JAROSŁAW	40		ŁĄDEK-ZDRÓJ	POL	MASTERS M - 40	48	M 170	00:44:37	01:15:16	02:05:18.20	02:05:38.85	12:31	4.8
336	MATKOWSKA PAULINA	350		TRZEBIEL		SENIOR I K - 20	34	K 167	00:44:37	01:15:18	02:05:18.95	02:05:38.90	12:31	4.8
337	ROBAK ANETA	42		ŁĄDEK ZDRÓJ	POL	SENIOR II K - 30	82	K 168	00:44:36	01:15:16	02:05:19.10	02:05:39.75	12:31	4.8
338	KUIPERS MIES	324				WETERAN II K - 60	6	K 169	00:43:36	01:13:34	02:05:14.50	02:05:46.50	12:31	4.8
339	SCHELVIS WOUTER	325				WETERAN II M - 60	5	M 171	00:43:40	01:13:34	02:05:15.60	02:05:46.50	12:31	4.8
340	SIECZKOWSKI ARTUR	15	NATURAL BORN RUNNERS TEAM	KOSTRZYN NAD ODRĄ	POL	MASTERS M - 40	49	M 172	00:49:12	01:18:31	02:06:20.30	02:06:59.05	12:38	4.7
341	NAĆKIEWICZ JUSTYNA	330		BRZESKO		MASTERS K - 40	39	K 170	00:49:49	01:18:27	02:06:19.05	02:06:59.25	12:37	4.7
342	KRUZEL RAFAŁ	296	BIEGOWE MISIE	LEGNICA	POL	MASTERS M - 40	50	M 173	00:45:34	01:11:56	02:06:37.95	02:07:08.40	12:39	4.7
343	KUCZAKOWSKA ASIA	297	BIEGOWE MISIE	LEGNICA	POL	SENIOR II K - 30	83	K 171	00:45:34	01:11:56	02:06:39.05	02:07:08.75	12:39	4.7
344	WALENCIAK PAULINA	275		PACZKOWO	POL	SENIOR I K - 20	35	K 172	00:48:02	01:16:04	02:07:02.55	02:07:41.10	12:42	4.7
345	ŚCIOCH MARTA	256	NIE WIERZĘ, ŻE TO ROBIĘ	PRUSZKÓW	POL	WETERAN K - 50	10	K 173	00:47:05	01:16:24	02:07:48.25	02:07:53.45	12:46	4.7
346	ŚCIOCH ANDRZEJ	255	NIE WIERZĘ, ŻE TO ROBIĘ	PRUSZKÓW	POL	WETERAN I M - 50	14	M 174	00:47:06	01:16:24	02:07:50.15	02:07:54.45	12:47	4.7
347	KRAWCZYK BOŻENA	254	NIE WIERZĘ, ŻE TO ROBIĘ	ULAN-MAJORAT	POL	WETERAN II K - 60	7	K 174	00:47:08	01:16:22	02:07:56.55	02:08:01.90	12:47	4.7
348	BAKOWSKA MARIA	279	ZAŁOGA GÓRSKA	GNIEZNO	POL	WETERAN II K - 60	8	K 175	00:47:57	01:17:12	02:10:45.95	02:11:27.90	13:04	4.6
349	WINIARSKI ROBERT	59		LEGNICA	POL	MASTERS M - 40	51	M 175	00:43:03	01:12:42	02:11:21.25	02:12:08.10	13:08	4.6
350	KWIATKOWSKA BARBARA	110		WOJNOWICE	POL	WETERAN II K - 60	9	K 176	00:44:22	01:13:47	02:13:01.70	02:13:49.30	13:18	4.5
351	DEMBIEC LUCYNA	45	MESONDŹI LAJF STAJL	KALISZ POMORSKI	POL	SENIOR II K - 30	84	K 177	01:08:53	01:38:56	02:31:11.05	02:31:20.85	15:07	4
352	MADERA BOGDAN	134		ŚWIDNICA	POL	WETERAN I M - 50	15	M 176	00:57:59	01:29:59	02:31:37.55	02:32:19.50	15:09	4
353	SOKOŁOWSKI KAZIMIERZ	109		GDAŃSK	POL	WETERAN II M - 60	6	M 177	00:57:39	01:30:28	02:31:58.90	02:32:28.25	15:11	3.9
354	SOKOŁOWSKI MACIEJ	354		ŁĄDEK ZDRÓJ		MASTERS M - 40	52	M 178	00:57:39	01:30:29	02:31:58.30	02:32:28.90	15:11	3.9

**BIEG TROJAK TRAIL - 10 KM, ZAŁOGA GÓRSKA**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
1	WILK MACIEJ	259	ZAŁOGA GÓRSKA	BYTOM	POL	SENIOR II M - 30	2	M 3	00:19:29	00:29:56	00:47:48.15	00:47:52.80	4:46	12.6
2	KRAWCZYK ARTUR	382	ZAŁOGA GÓRSKA	JELENIA GÓRA		SENIOR I M - 20	3	M 8	00:20:33	00:32:27	00:53:30.40	00:53:32.35	5:21	11.2
3	CITKO MACIEJ	276	ZAŁOGA GÓRSKA	OPOLE	POL	SENIOR II M - 30	8	M 25	00:23:07	00:36:11	00:58:24.80	00:58:29.60	5:50	10.3
4	GRABIŃSKA GIZELA	269	ZAŁOGA GÓRSKA	WARSZAWA-WESOŁA	POL	MASTERS K - 40	5	K 20	00:27:50	00:43:18	01:10:37.55	01:10:42.95	7:03	8.5
5	ULIKOWSKA MARTYNA	272	ZAŁOGA GÓRSKA	GOŚCINO	POL	SENIOR I K - 20	14	K 56	00:31:53	00:49:30	01:20:16.65	01:20:29.50	8:01	7.5
6	WALA PATRYK	262	ZAŁOGA GÓRSKA	ZĄBKOWICE ŚLĄSKIE	POL	SENIOR I M - 20	37	M 143	00:33:12	00:53:18	01:29:48.60	01:30:03.05	8:58	6.7
7	NIEZGÓDKA SYLWIA	268	ZAŁOGA GÓRSKA	WROCLAW	POL	MASTERS K - 40	35	K 153	00:42:53	01:05:55	01:49:09.65	01:49:23.10	10:55	5.5
8	BAKOWSKA MARIA	279	ZAŁOGA GÓRSKA	GNIEZNO	POL	WETERAN II K - 60	8	K 175	00:47:57	01:17:12	02:10:45.95	02:11:27.90	13:04	4.6









**BIEG TROJAK TRAIL - 10 KM, OPEN KOBIEC c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
170	NAĆKIEWICZ JUSTYNA	330		BRZESKO		MASTERS K - 40	39	K 170	00:49:49	01:18:27	02:06:19.05	02:06:59.25	12:37	4.7
171	KUCZAKOWSKA ASIA	297	BIEGOWE MISIE	LEGNICA	POL	SENIOR II K - 30	83	K 171	00:45:34	01:11:56	02:06:39.05	02:07:08.75	12:39	4.7
172	WALENCIAK PAULINA	275		PACZKOWO	POL	SENIOR I K - 20	35	K 172	00:48:02	01:16:04	02:07:02.55	02:07:41.10	12:42	4.7
173	ŚCIOCH MARTA	256	NIE WIERZĘ, ŻE TO ROBIĘ	PRUSZKÓW	POL	WETERAN K - 50	10	K 173	00:47:05	01:16:24	02:07:48.25	02:07:53.45	12:46	4.7
174	KRAWCZYK BOŻENA	254	NIE WIERZĘ, ŻE TO ROBIĘ	ULAN-MAJORAT	POL	WETERAN II K - 60	7	K 174	00:47:08	01:16:22	02:07:56.55	02:08:01.90	12:47	4.7
175	BĄKOWSKA MARIA	279	ZAŁOGA GÓRSKA	GNIEZNO	POL	WETERAN II K - 60	8	K 175	00:47:57	01:17:12	02:10:45.95	02:11:27.90	13:04	4.6
176	KWIATKOWSKA BARBARA	110		WOJNOWICE	POL	WETERAN II K - 60	9	K 176	00:44:22	01:13:47	02:13:01.70	02:13:49.30	13:18	4.5
177	DEMBIEC LUCYNA	45	MESONDŽI LAJF STAJL	KALISZ POMORSKI	POL	SENIOR II K - 30	84	K 177	01:08:53	01:38:56	02:31:11.05	02:31:20.85	15:07	4

**BIEG TROJAK TRAIL - 10 KM, Senior I K - 20**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
1	KANTOR MARTYNA	374	BUFF TEAM POLSKA	KRAKÓW		SENIOR I K - 20	1	K 1	00:20:24	00:31:44	00:51:24.60	00:51:27.05	5:08	11.7
2	PERZ EMILIA	90	WOLSZTYŃSKA AKADEMIA BIEGOWA	BUKOWIEC	POL	SENIOR I K - 20	2	K 3	00:24:47	00:38:13	01:00:09.85	01:00:13.35	6:01	10
3	GŁOBIOWSKA ZUZANNA	61	BIGYELLOWFOOT ADVENTURE TEAM	GDYNIA	POL	SENIOR I K - 20	3	K 8	00:25:45	00:39:53	01:04:06.60	01:04:09.10	6:24	9.4
4	RYBARSKA MARTA	2	LESZ NO LIMITS RUNNERS	DOLSK	POL	SENIOR I K - 20	4	K 13	00:26:08	00:40:57	01:05:44.05	01:05:47.70	6:34	9.1
5	JOŃCZYK ADA	293		ŁĄDEK ZDRÓJ	POL	SENIOR I K - 20	5	K 15	00:26:45	00:41:33	01:07:08.35	01:07:14.95	6:42	8.9
6	CHOLEWA JOANNA	17		WROCŁAW	POL	SENIOR I K - 20	6	K 26	00:28:30	00:45:11	01:14:34.55	01:14:43.75	7:27	8
7	BUĆKO ALICJA	146	TATAALI TEAM / VEGE RUNNERS	JELENIA GÓRA	POL	SENIOR I K - 20	7	K 28	00:30:00	00:46:46	01:16:04.80	01:16:14.60	7:36	7.9
8	PIECHWIAK ALEKSANDRA	398		GDĄŃSK	POL	SENIOR I K - 20	8	K 32	00:29:44	00:46:27	01:15:55.60	01:16:35.05	7:35	7.9
9	OLEJNICZAK PAULINA	176		ŁÓDŹ	POL	SENIOR I K - 20	9	K 33	00:29:55	00:46:48	01:16:12.70	01:16:37.05	7:37	7.9
10	FRĄCZKOWIAK MARIA	170	CONSTRAVIA	POZNAŃ	POL	SENIOR I K - 20	10	K 40	00:31:14	00:48:56	01:17:43.05	01:18:06.90	7:46	7.7
11	WIDŁAK JULIA	69		WARSZAWA	POL	SENIOR I K - 20	11	K 41	00:31:23	00:48:48	01:17:59.70	01:18:23.40	7:48	7.7
12	KWIECIEŃ SARA	245		KETTERING	GBR	SENIOR I K - 20	12	K 47	00:30:41	00:48:02	01:18:19.45	01:18:58.35	7:50	7.7
13	HOREJDA SARA	320	ZUMBA	ŁĄDEK ZDRÓJ	POL	SENIOR I K - 20	13	K 55	00:27:54	00:45:21	01:20:24.00	01:20:27.85	8:02	7.5
14	ULIKOWSKA MARTYNA	272	ZAŁOGA GÓRSKA	GOŚCINO	POL	SENIOR I K - 20	14	K 56	00:31:53	00:49:30	01:20:16.65	01:20:29.50	8:01	7.5
15	BRZOZOWSKA KATARZYNA	199		WARSZAWA	POL	SENIOR I K - 20	15	K 69	00:32:03	00:51:04	01:23:08.10	01:23:16.50	8:18	7.2
16	RODZIEWICZ MARTA	164		WARSZAWA	POL	SENIOR I K - 20	16	K 70	00:32:51	00:51:05	01:23:08.85	01:23:16.50	8:18	7.2
17	POHL ANNA	322	SPEED FEET 16	ŚMIGIEL		SENIOR I K - 20	17	K 71	00:31:58	00:50:59	01:23:17.85	01:23:37.50	8:19	7.2
18	PREŚ MAGDALENA	203	#WPISZCOKOLWIEK	SMOLEC	POL	SENIOR I K - 20	18	K 74	00:32:29	00:51:13	01:23:45.60	01:24:09.75	8:22	7.2
19	GŁÓWKA BARBARA	158		WROCŁAW	POL	SENIOR I K - 20	19	K 79	00:33:35	00:52:59	01:24:21.15	01:24:46.55	8:26	7.1
20	TWARDOWSKA KORNELIA	228		ŚWIĄTNIKI GÓRNE	POL	SENIOR I K - 20	20	K 86	00:33:47	00:52:54	01:25:49.90	01:25:58.85	8:35	7
21	TARASZEWSKA PAULINA	133	PWPW S.A.	OSTROŁĘKA	POL	SENIOR I K - 20	21	K 88	00:33:47	00:53:07	01:25:45.60	01:26:26.00	8:34	7
22	JARZĘBSKA AGNIESZKA	48	TU INTER POLSKA SA	WROCŁAW	POL	SENIOR I K - 20	22	K 90	00:34:40	00:53:18	01:26:22.30	01:26:48.30	8:38	6.9
23	JAGUSZEWSKA AGNIESZKA	79	FAT & FURIOUS	KARPACZ	POL	SENIOR I K - 20	23	K 91	00:33:31	00:52:47	01:27:15.55	01:27:30.85	8:43	6.9
24	DOWNAR-ZAPOLSKA LAURA	4	@MD_RUN	WROCŁAW	POL	SENIOR I K - 20	24	K 95	00:34:06	00:53:27	01:27:38.75	01:27:45.45	8:45	6.8
25	FIRLEJ EWELINA	258	GRUNWALD TEAM POZNAŃ	SULECHÓW	POL	SENIOR I K - 20	25	K 97	00:33:20	00:51:56	01:27:48.50	01:28:13.75	8:46	6.8
26	ŚWIERCZYŃSKA BARBARA	86		WARSZAWA	POL	SENIOR I K - 20	26	K 103	00:35:46	00:55:42	01:31:38.50	01:32:12.20	9:09	6.5
27	RIPPELOVÁ JITKA	221	SRTG VYŠKOV	BOHDALICE	CZE	SENIOR I K - 20	27	K 114	00:37:15	00:57:12	01:35:02.85	01:35:27.00	9:30	6.3
28	WRÓBLEWSKA ROKSANA	405		WAŁBRZYCH		SENIOR I K - 20	28	K 121	00:38:08	00:59:03	01:36:59.00	01:37:39.55	9:41	6.2
29	PARZONKA NATALIA	287	KS LENIWIEC	KĘPNO	POL	SENIOR I K - 20	29	K 131	00:41:23	01:02:39	01:40:33.30	01:41:09.60	10:03	6
30	KOŁODZIEK ANNA	13	NIGHT RUNNERS	KRAKÓW	POL	SENIOR I K - 20	30	K 142	00:39:45	01:03:07	01:44:06.85	01:44:25.70	10:24	5.8
31	KUROWSKA BIANKA	311		ŚWIDNICA	POL	SENIOR I K - 20	31	K 145	00:39:53	01:05:19	01:45:52.95	01:46:25.45	10:35	5.7
32	BURCHARDT JULIA	339		BYDGOSZCZ		SENIOR I K - 20	32	K 154	00:39:54	01:05:16	01:49:29.65	01:50:04.60	10:57	5.5
33	KISIAŁA EDYTA	201		KRAKÓW	POL	SENIOR I K - 20	33	K 158	00:39:24	01:05:22	01:51:32.85	01:52:15.80	11:09	5.4
34	MATKOWSKA PAULINA	350		TRZEBIEL		SENIOR I K - 20	34	K 167	00:44:37	01:15:18	02:05:18.95	02:05:38.90	12:31	4.8
35	WALENCIAK PAULINA	275		PACZKOWO	POL	SENIOR I K - 20	35	K 172	00:48:02	01:16:04	02:07:02.55	02:07:41.10	12:42	4.7

**BIEG TROJAK TRAIL - 10 KM, Senior I M - 20**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
1	PRZEDWOJEWSKI BARTŁOMIEJ	284	SALOMON SUUNTO TEAM	GŁUCHOŁĄZY	POL	SENIOR I M - 20	1	M 1	00:17:16	00:26:26	00:42:40.40	00:42:42.15	4:16	14.1
2	ŁĄTKA PIOTR	232		OBORNIKI ŚLĄSKIE	POL	SENIOR I M - 20	2	M 4	00:19:11	00:29:48	00:48:26.65	00:48:28.00	4:50	12.4
3	KRAWCZYK ARTUR	382	ZAŁOGA GÓRSKA	JELENIA GÓRA		SENIOR I M - 20	3	M 8	00:20:33	00:32:27	00:53:30.40	00:53:32.35	5:21	11.2

**BIEG TROJAK TRAIL - 10 KM, Senior I M - 20 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
4	SŁOCIAK RAFAŁ	34	RAJSPOORT ACTIVE	OPOLE	POL	SENIOR I M - 20	4	M 9	00:20:56	00:33:17	00:53:37.65	00:53:41.10	5:21	11.2
5	DOMAŃSKI PATRYK	33	#TEAMBIEGIWLPK	POZNAŃ	POL	SENIOR I M - 20	5	M 12	00:22:21	00:34:22	00:54:49.65	00:54:51.55	5:29	10.9
6	NETOLICKÝ KAMIL	220	SRTG VÝŠKOV	VÝŠKOV	CZE	SENIOR I M - 20	6	M 15	00:22:23	00:34:28	00:55:38.10	00:55:52.05	5:33	10.8
7	NOWICKI MATEUSZ	37		WROCŁAW	POL	SENIOR I M - 20	7	M 16	00:22:34	00:35:07	00:55:49.90	00:55:55.10	5:35	10.7
8	BOROŃ DARIUSZ	371	ASICS FRONT RUNNER			SENIOR I M - 20	8	M 17	00:21:12	00:33:28	00:56:05.25	00:56:06.80	5:36	10.7
9	CIEPLY MACIEJ	52	NIGHT RUNNERS WROCŁAW	WROCŁAW	POL	SENIOR I M - 20	9	M 18	00:21:48	00:34:13	00:56:11.15	00:56:14.05	5:37	10.7
10	ŁASEK JAKUB	219	CHICS&SPORT TEAM	OPOLE	POL	SENIOR I M - 20	10	M 19	00:22:41	00:35:25	00:57:01.95	00:57:04.30	5:42	10.5
11	PIETROSZEK RAFAŁ	381	BRUBECK TEAM	STRUMIEŃ		SENIOR I M - 20	11	M 20	00:21:56	00:34:40	00:57:10.60	00:57:14.70	5:43	10.5
12	MAJCHRZAK MACIEJ	49		WROCŁAW	POL	SENIOR I M - 20	12	M 23	00:24:04	00:36:06	00:57:37.75	00:57:45.10	5:45	10.4
13	JANUSZEWSKI PIOTR	218	EUROCLEAR RUNNING TEAM	KRAKOW	POL	SENIOR I M - 20	13	M 24	00:22:32	00:35:29	00:58:19.15	00:58:20.45	5:49	10.3
14	SOBCZAK FILIP	135		ŁÓDŹ	POL	SENIOR I M - 20	14	M 32	00:23:00	00:36:35	00:59:30.80	00:59:37.50	5:57	10.1
15	KACZMARCZYK PRZEMYSŁAW	152	MATNER RUNNING TEAM/WATAHA	KOBIERZYCE		SENIOR I M - 20	15	M 36	00:22:58	00:36:18	01:00:35.70	01:00:38.20	6:03	9.9
16	MIKOŁAJCZYK PIOTR	139	KALENJI BY DECATHLON	BIAŁYSTOK	POL	SENIOR I M - 20	16	M 38	00:24:17	00:38:05	01:00:47.80	01:00:55.50	6:04	9.9
17	PERENC MICHAŁ	120	HUSARIA RACE TEAM	JAROSŁAW	POL	SENIOR I M - 20	17	M 41	00:24:40	00:38:12	01:01:42.25	01:01:51.45	6:10	9.7
18	BOREJSZO KAROL	250		ŻARY	POL	SENIOR I M - 20	18	M 42	00:24:53	00:38:29	01:01:48.45	01:02:04.70	6:10	9.7
19	KURIATA PAWEŁ	306		WROCŁAW	POL	SENIOR I M - 20	19	M 45	00:24:30	00:38:44	01:03:17.90	01:03:40.35	6:19	9.5
20	KOZANECKI PRZEMYSŁAW	130	CONSTRAVIA	POZNAŃ	POL	SENIOR I M - 20	20	M 47	00:25:31	00:39:50	01:03:31.40	01:03:41.40	6:21	9.4
21	BANKIEWICZ SZYMON	341		WARSZAWA		SENIOR I M - 20	21	M 50	00:25:11	00:39:29	01:03:43.15	01:04:18.35	6:22	9.4
22	KACZMARCZYK MATEUSZ	360	KURORT ŁĄDEK-ZDRÓJ	ŁĄDEK-ZDRÓJ		SENIOR I M - 20	22	M 53	00:25:04	00:39:10	01:04:36.85	01:04:49.75	6:27	9.3
23	SZARSKI JACEK	264		WROCŁAW	POL	SENIOR I M - 20	23	M 54	00:23:13	00:37:49	01:04:57.25	01:05:03.05	6:29	9.2
24	GAZDA MICHAŁ	128	CONSTRAVIA	POZNAŃ	POL	SENIOR I M - 20	24	M 56	00:25:38	00:40:24	01:05:08.15	01:05:19.45	6:30	9.2
25	WITEK JAKUB	175	SPRINT	JAWORZE	POL	SENIOR I M - 20	25	M 62	00:25:58	00:40:57	01:06:56.60	01:07:05.45	6:41	9
26	CYKLOWSKI WOJCIECH	379	KM PSP OPOLE	TUŁOWIEC		SENIOR I M - 20	26	M 68	00:27:28	00:42:29	01:08:11.30	01:08:19.95	6:49	8.8
27	JÓZWIECKI KACPER	364	MUAY RUNNING TEAM	POZNAŃ		SENIOR I M - 20	27	M 80	00:28:54	00:44:27	01:10:21.60	01:10:36.65	7:02	8.5
28	KULESZA PAWEŁ	70		KIELCE	POL	SENIOR I M - 20	28	M 87	00:28:33	00:45:38	01:12:15.00	01:12:37.55	7:13	8.3
29	GACEK MARIUSZ	72		WARSZAWA	POL	SENIOR I M - 20	29	M 93	00:30:35	00:47:12	01:13:45.30	01:14:08.60	7:22	8.1
30	FRYSIAK PATRYK	283		GNIEZNO	POL	SENIOR I M - 20	30	M 97	00:30:20	00:46:45	01:14:23.45	01:14:49.45	7:26	8.1
31	URBANEK ARTUR	277		ODRZYKOŃ	POL	SENIOR I M - 20	31	M 106	00:29:16	00:45:49	01:16:31.50	01:16:52.00	7:39	7.8
32	NIEDZIELA WOJCIECH	207		CZELADŹ	POL	SENIOR I M - 20	32	M 115	00:31:05	00:48:46	01:19:00.25	01:19:27.25	7:54	7.6
33	HETEL MICHAŁ	301	WKS ŚLĄSK WROCŁAW	WROCŁAW	POL	SENIOR I M - 20	33	M 117	00:30:25	00:48:24	01:20:24.10	01:20:52.65	8:02	7.5
34	WITOS RAFAŁ	226	NAZWA DRUŻYNY	BIAŁYSTOK	POL	SENIOR I M - 20	34	M 118	00:32:48	00:50:54	01:21:05.15	01:21:13.20	8:06	7.4
35	ZBOROWSKI NORBERT	340	GRUNWALD TEAM POZNAŃ	POZNAŃ		SENIOR I M - 20	35	M 138	00:33:24	00:51:56	01:27:49.15	01:28:14.35	8:46	6.8
36	KOPACZYŃSKI MICHAŁ	191		BYSTRZYCA KŁODZKA	POL	SENIOR I M - 20	36	M 139	00:33:10	00:52:14	01:28:09.00	01:28:24.15	8:48	6.8
37	WALA PATRYK	262	ZAŁOGA GÓRSKA	ZĄBKOWICE ŚLĄSKIE	POL	SENIOR I M - 20	37	M 143	00:33:12	00:53:18	01:29:48.60	01:30:03.05	8:58	6.7
38	DZICZKOWSKI MACIEJ	408	ABY DO METY	ZŁOTY STOK		SENIOR I M - 20	38	M 168	00:48:37	01:18:15	02:02:45.75	02:03:10.60	12:16	4.9

**BIEG TROJAK TRAIL - 10 KM, Senior II K - 30**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
1	KWIATKOWSKA KINGA	225	ALPIN SPORT TEAM	KRAKÓW	POL	SENIOR II K - 30	1	K 2	00:21:50	00:33:42	00:54:07.80	00:54:12.90	5:24	11.1
2	GROMADZKA ANNA	140	KALENJI BY DECATHLON	KIELCE	POL	SENIOR II K - 30	2	K 4	00:23:52	00:37:31	01:01:20.70	01:01:28.95	6:08	9.8
3	ŁOMNICKA BARBARA	375				SENIOR II K - 30	3	K 6	00:24:56	00:38:40	01:02:32.10	01:02:37.30	6:15	9.6
4	WIADERNA NINA	388	SBRT POWIŚLE	WARSZAWA		SENIOR II K - 30	4	K 7	00:25:55	00:40:28	01:03:38.90	01:03:43.25	6:21	9.4
5	KWASIZUR AGATA	260	MUAY RUNNING TEAM	POZNAŃ	POL	SENIOR II K - 30	5	K 10	00:26:30	00:41:17	01:05:20.75	01:05:22.90	6:32	9.2
6	PAZDAN NATALIA	143	KOWARY BIEGAJĄ	KOWARY	POL	SENIOR II K - 30	6	K 11	00:25:27	00:40:19	01:05:36.25	01:05:39.60	6:33	9.1
7	LACHERA KAMILA	21	W POGONI ZA DUCHEM	KATOWICE	POL	SENIOR II K - 30	7	K 12	00:26:19	00:40:54	01:05:28.25	01:05:42.40	6:32	9.2
8	PISKUNOWICZ ALEKSANDRA	230		BIAŁOGARD	POL	SENIOR II K - 30	8	K 14	00:25:23	00:39:55	01:05:46.65	01:06:01.35	6:34	9.1
9	KUCHARSKA ALEKSANDRA	178	DREAM RUN	WARSZAWA	POL	SENIOR II K - 30	9	K 17	00:27:37	00:42:32	01:08:26.90	01:08:35.30	6:50	8.8
10	TOMECKA ALEKSANDRA	271	ZAŁOGA GÓRSKA	KRAKÓW	POL	SENIOR II K - 30	10	K 19	00:27:45	00:42:55	01:09:49.85	01:09:55.40	6:59	8.6
11	KORYCIŃSKA IZABELA	23		KRAKÓW	POL	SENIOR II K - 30	11	K 21	00:28:56	00:44:59	01:10:32.90	01:10:48.35	7:03	8.5
12	LEWANDOWSKA PATRYCJA	111	TEAM KURORT ŁĄDEK-ZDRÓJ	ÓLDRZYCHOWICE KŁODZKIE	POL	SENIOR II K - 30	12	K 22	00:28:34	00:44:35	01:11:18.70	01:11:32.00	7:07	8.4
13	PIOTROWSKA MAGDALENA	103	KLUB BIEGACZA JURUND SZCZYTNO	ŚWIĘTAJNO	POL	SENIOR II K - 30	13	K 23	00:27:56	00:44:44	01:11:31.50	01:11:34.25	7:09	8.4
14	GALA KAMILA	274	ZAŁOGA GÓRSKA	WARSZAWA	POL	SENIOR II K - 30	14	K 24	00:28:04	00:44:43	01:12:59.30	01:13:08.95	7:17	8.2
15	JASICKA EWA	165		TYCHY	POL	SENIOR II K - 30	15	K 25	00:28:57	00:45:14	01:14:02.85	01:14:10.00	7:24	8.1
16	BIELECKA IWONA	29	PRO-RUN WROCŁAW	WROCŁAW	POL	SENIOR II K - 30	16	K 27	00:28:38	00:44:56	01:15:06.55	01:15:37.25	7:30	8
17	PLINIEWICZ JOANNA	229		STRONIE ŚLĄSKIE	POL	SENIOR II K - 30	17	K 29	00:30:07	00:47:13	01:16:09.50	01:16:15.20	7:37	7.9

**BIEG TROJAK TRAIL - 10 KM, Senior II K - 30 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
18	WŁODKOWSKA BEATA	84		POZNAN	POL	SENIOR II K - 30	18	K 30	00:29:26	00:46:25	01:15:46.20	01:16:20.05	7:34	7.9
19	CIEŚLAK MAGDALENA	177	ZDROWE !	RZEPIN	POL	SENIOR II K - 30	19	K 31	00:29:04	00:45:38	01:16:19.20	01:16:30.90	7:37	7.9
20	PASŁOWSKA-CHODOROWSKA JUSTYNA	394	PRZEBIEGA.PL	WROCLAW		SENIOR II K - 30	20	K 36	00:30:56	00:48:17	01:16:46.90	01:17:02.70	7:40	7.8
21	MICHALEC MARZENA	356	KOBIETAWBIEGU	WAŁBRZYCH		SENIOR II K - 30	21	K 38	00:30:21	00:47:11	01:17:02.20	01:17:31.55	7:42	7.8
22	WIŚNIEWSKA MARLENA	336	MUAY RUNNING TEAM	POZNAŃ		SENIOR II K - 30	22	K 39	00:32:59	00:49:56	01:18:03.90	01:18:06.15	7:48	7.7
23	HANOUSKOVÁ ESTER	91		KORYČANY	POL	SENIOR II K - 30	23	K 42	00:30:52	00:48:33	01:18:12.95	01:18:34.75	7:49	7.7
24	SZAWARA-ZIÓŁKOWSKA EWELINA	282	KB HARCOWNIK JELCZ-LASKOWICE	JELCZ-LASKOWICE	POL	SENIOR II K - 30	24	K 44	00:31:01	00:48:48	01:18:39.05	01:18:47.75	7:51	7.6
25	BABICA PAULINA	144		POZNAŃ	POL	SENIOR II K - 30	25	K 46	00:30:33	00:48:31	01:18:42.75	01:18:57.90	7:52	7.6
26	BEDNAREK SYLWIA	270	ZAŁOGA GÓRSKA	KRAKÓW	POL	SENIOR II K - 30	26	K 48	00:30:19	00:47:18	01:18:58.05	01:19:04.65	7:53	7.6
27	GARCZYK MARZENA	78		KOZIEGŁOWY	POL	SENIOR II K - 30	27	K 50	00:30:32	00:47:27	01:19:22.15	01:19:27.25	7:56	7.6
28	PIASECKA MARTA	31		WARSZAWA	POL	SENIOR II K - 30	28	K 54	00:31:28	00:48:57	01:19:46.10	01:20:07.50	7:58	7.5
29	CZARNY MARZENA	24	JAWORZNOŁBC	JAWORZNO	POL	SENIOR II K - 30	29	K 57	00:33:01	00:51:03	01:20:13.80	01:20:31.75	8:01	7.5
30	KOPACKA ELIZA	32	FOLLOWME - ZMIENIAMYFINANSE.PL	WAŁBRZYCH	POL	SENIOR II K - 30	30	K 58	00:31:18	00:49:24	01:20:24.70	01:20:41.90	8:02	7.5
31	LULA MAGDALENA	149	PWPW S.A.	WARSZAWA	POL	SENIOR II K - 30	31	K 59	00:32:10	00:49:40	01:20:12.20	01:20:52.35	8:01	7.5
32	PLEWA KATARZYNA	85	NORDIC16	WROCLAW	POL	SENIOR II K - 30	32	K 61	00:32:16	00:50:12	01:21:27.05	01:21:37.50	8:08	7.4
33	FRĄCZEK IWONA	142	NOA	WROCLAW	POL	SENIOR II K - 30	33	K 62	00:31:36	00:49:23	01:21:36.85	01:21:56.15	8:09	7.4
34	SIUDAK ANNA	204		TULCE	POL	SENIOR II K - 30	34	K 63	00:31:38	00:49:54	01:21:43.65	01:21:58.70	8:10	7.3
35	WÓŁCZEK MAŁGORZATA	338	BIEGAM WSPIERAM MOTYWUJĘ	SULECHÓW		SENIOR II K - 30	35	K 64	00:31:27	00:49:35	01:22:11.75	01:22:23.05	8:13	7.3
36	DRYMEL JOANNA	132	DRUMLEZIPIES	ŚWIĘTA KATARZYNA	POL	SENIOR II K - 30	36	K 65	00:31:38	00:49:38	01:21:59.10	01:22:35.35	8:11	7.3
37	ZASADA MAGDALENA	81	FAT & FURIOUS	JELENIA GÓRA 14	POL	SENIOR II K - 30	37	K 66	00:33:31	00:52:48	01:22:33.20	01:22:48.55	8:15	7.3
38	PASŁOWSKA OLGA	396	PRZEBIEGA.PL	WROCLAW		SENIOR II K - 30	38	K 67	00:32:37	00:50:54	01:22:35.95	01:22:51.25	8:15	7.3
39	OLEKSIEWICZ BEATA	222	SZAKALE BALUT ŁÓDŹ	ŁÓDŹ	POL	SENIOR II K - 30	39	K 72	00:33:15	00:51:40	01:23:12.75	01:23:45.25	8:19	7.2
40	DZIUBA AGNIESZKA	349		MIKOŁÓW		SENIOR II K - 30	40	K 73	00:32:38	00:51:06	01:23:41.45	01:23:49.50	8:22	7.2
41	OGRODNIK ANNA	163	RUNNING ACADEMY	WROCLAW	POL	SENIOR II K - 30	41	K 75	00:32:28	00:51:11	01:24:03.55	01:24:22.60	8:24	7.1
42	LANGE HANNA	215		ŚREM	POL	SENIOR II K - 30	42	K 76	00:32:37	00:50:50	01:24:22.00	01:24:38.90	8:26	7.1
43	DUBIEL AGATA	126	WILD DOGS TEAM/SUDECKI KLUB WYSOKOGÓRSKI	JELENIA GÓRA	POL	SENIOR II K - 30	43	K 78	00:33:36	00:52:37	01:24:32.80	01:24:45.95	8:27	7.1
44	CHADE MARIANNA	318		WROCLAW	POL	SENIOR II K - 30	44	K 80	00:32:52	00:51:28	01:25:02.70	01:25:15.15	8:30	7.1
45	WILK MARIA	345	RAMBO III	BYTOM		SENIOR II K - 30	45	K 81	00:34:30	00:52:46	01:24:54.75	01:25:21.20	8:29	7.1
46	KUTYCKA-KUREK ELŻBIETA	314	CHOJRAK TEAM WROCLAW	WROCLAW	POL	SENIOR II K - 30	46	K 82	00:33:22	00:52:21	01:25:09.40	01:25:42.80	8:30	7.1
47	STAWSKA ALICJA	138		ŁÓDŹ	POL	SENIOR II K - 30	47	K 83	00:33:24	00:52:20	01:25:32.85	01:25:49.95	8:33	7.0
48	GAJDECKA ADRIANA	131	ORANGE	WARSZAWA	POL	SENIOR II K - 30	48	K 84	00:33:30	00:52:28	01:25:18.45	01:25:51.80	8:31	7.0
49	JUREWICZ AGATA	319		POZNAN	POL	SENIOR II K - 30	49	K 85	00:33:23	00:52:23	01:25:45.25	01:25:56.45	8:34	7.0
50	HAJOK MAGDA	94	SBRT GLIWICE	GLIWICE	POL	SENIOR II K - 30	50	K 89	00:32:25	00:52:04	01:26:31.00	01:26:47.25	8:39	6.9
51	LUCHOWSKA KAROLINA	404	FIZJOTRITERAPIA	WROCLAW		SENIOR II K - 30	51	K 92	00:33:11	00:52:23	01:27:01.65	01:27:33.00	8:42	6.9
52	BOROWIAK HANNA	104	WOZIMYSIE.PL	KALISZ	POL	SENIOR II K - 30	52	K 94	00:35:55	00:54:33	01:27:24.50	01:27:41.40	8:44	6.9
53	SOKOŁOWSKA JAGODA	353				SENIOR II K - 30	53	K 96	00:33:01	00:52:20	01:27:20.40	01:27:48.85	8:44	6.9
54	NOWICKA ANNA	145		KRAKÓW	POL	SENIOR II K - 30	54	K 98	00:33:23	00:53:43	01:29:01.05	01:29:36.55	8:54	6.7
55	KRAWCZYK MAGDALENA	252		ULAN-MAJORAT	POL	SENIOR II K - 30	55	K 101	00:37:37	00:57:50	01:30:55.40	01:31:06.90	9:05	6.6
56	STAWSKA NATALIA	95		KRAKÓW	POL	SENIOR II K - 30	56	K 105	00:33:50	00:53:38	01:31:41.95	01:32:21.90	9:10	6.5
57	KSIAŹKIEWICZ KATARZYNA	75	ROCKY BALBOA RUNNING CLUB	BYTOM	POL	SENIOR II K - 30	57	K 107	00:36:36	00:56:21	01:33:29.05	01:33:56.05	9:20	6.4
58	KOWALEWSKA ANNA	38		ŚWIDNICA	POL	SENIOR II K - 30	58	K 110	00:35:09	00:55:36	01:34:19.35	01:34:42.70	9:25	6.4
59	ŚRÓDKA ALEKSANDRA	12		TRZEBNICA	POL	SENIOR II K - 30	59	K 115	00:36:28	00:57:46	01:35:12.90	01:35:40.45	9:31	6.3
60	PLUTA MICHALINA	100		LESZNO	POL	SENIOR II K - 30	60	K 116	00:36:18	00:57:25	01:35:24.75	01:36:01.95	9:32	6.3
61	SAPUREK ANNA	326	BUKOWSKI KLUB BIEGACZA	BUK		SENIOR II K - 30	61	K 117	00:36:14	00:58:20	01:36:11.75	01:36:30.40	9:37	6.2
62	CZYŻ ALEKSANDRA	39	VEGE RUNNERS	ZIELONA GÓRA	POL	SENIOR II K - 30	62	K 120	00:36:00	00:57:26	01:36:28.40	01:36:53.25	9:38	6.2
63	MUSZELAK MAGDALENA	416	M&M&M&M	POZNAŃ		SENIOR II K - 30	63	K 122	00:36:03	00:56:49	01:36:58.70	01:37:49.55	9:41	6.2
64	KOŁODZIEJ ALICJA	205		LEGNICA	POL	SENIOR II K - 30	64	K 123	00:38:17	00:59:50	01:38:16.35	01:38:34.55	9:49	6.1
65	SZYMAŃSKA-ANTOSIAK MONIKA	227	TMTEAM	WROCLAW	POL	SENIOR II K - 30	65	K 124	00:38:04	00:59:04	01:38:48.80	01:39:07.45	9:52	6.1
66	KOŃ ALEKSANDRA	208	LZS LIPA	BOLKÓW	POL	SENIOR II K - 30	66	K 126	00:39:48	01:01:01	01:38:50.20	01:39:26.05	9:53	6.1
67	HRABAŃSKA-RACZAK BEATA	213		KATOWICE	POL	SENIOR II K - 30	67	K 129	00:39:44	01:01:13	01:39:29.45	01:40:03.80	9:56	6.0
68	OLEK-WYSOCKA MONIKA	377	MORSY TUREK	RYSSOCICE		SENIOR II K - 30	68	K 132	00:38:57	01:01:23	01:40:32.65	01:41:10.90	10:03	6.0
69	DĄBROWSKA KAROLINA	248		SZCZECIN	POL	SENIOR II K - 30	69	K 139	00:40:20	01:03:32	01:42:30.85	01:42:50.55	10:15	5.9
70	PAPIERZ-RYKAŁA ALEKSANDRA	309		MYŚLENICE	POL	SENIOR II K - 30	70	K 141	00:41:07	01:03:16	01:43:33.85	01:44:14.55	10:21	5.8
71	KIELASZEWSKA WERONIKA	99		WŁOSZAKOWICE	POL	SENIOR II K - 30	71	K 143	00:39:27	01:02:40	01:45:08.45	01:45:45.65	10:30	5.7
72	SUDNICKA URSZULA	44	MESONDŽI LAJF STAJL	POZNAŃ	POL	SENIOR II K - 30	72	K 146	00:41:10	01:05:19	01:46:29.30	01:46:39.60	10:38	5.6
73	ZAPORA AGNIESZKA	332	W POGONI ZA DUCHEM	SARNÓW		SENIOR II K - 30	73	K 148	00:40:24	01:04:53	01:47:17.65	01:47:33.85	10:43	5.6

**BIEG TROJAK TRAIL - 10 KM, Senior II K - 30 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
74	RAJCAKOWSKA ANETA	171		WROCLAW	GER	SENIOR II K - 30	74	K 149	00:40:14	01:03:14	01:48:42.70	01:49:10.25	10:52	5.5
75	LATANOWICZ KAROLINA	257	LAQ	POZNAŃ	POL	SENIOR II K - 30	75	K 150	00:42:13	01:07:31	01:48:33.35	01:49:12.00	10:51	5.5
76	TABOROWICZ MAGDALENA	387		WROCLAW		SENIOR II K - 30	76	K 156	00:38:33	01:03:24	01:49:59.90	01:50:14.10	11:00	5.5
77	WIŚNIEWSKA MAGDALENA	323		WILCZYŃ		SENIOR II K - 30	77	K 157	00:38:30	01:02:41	01:50:23.45	01:50:44.00	11:02	5.4
78	SMOGORZEWSKA MARTA	26	WKURW_TEAM	WARSZAWA	POL	SENIOR II K - 30	78	K 161	00:42:22	01:07:49	01:53:38.05	01:54:16.05	11:21	5.3
79	STAWSKA ANNA	121	WQRW_TEAM	LUXEMBOURG	LUX	SENIOR II K - 30	79	K 163	00:48:47	00:49:20	01:57:21.60	01:58:02.95	11:44	5.1
80	DZICZKOWSKA MAŁGORZATA	373	ABY DO METY	ZŁOTY STOK		SENIOR II K - 30	80	K 164	00:48:37	01:18:12	02:02:46.25	02:03:09.80	12:16	4.9
81	ADAMIAK MARTA	186		ZŁOTY STOK	POL	SENIOR II K - 30	81	K 166	00:49:18	01:18:15	02:02:47.85	02:03:13.85	12:16	4.9
82	ROBAK ANETA	42		ŁĄDEK ZDRÓJ	POL	SENIOR II K - 30	82	K 168	00:44:36	01:15:16	02:05:19.10	02:05:39.75	12:31	4.8
83	KUCZAKOWSKA ASIA	297	BIEGOWE MISIE	LEGNICA	POL	SENIOR II K - 30	83	K 171	00:45:34	01:11:56	02:06:39.05	02:07:08.75	12:39	4.7
84	DEMBIEC LUCYNA	45	MESONDŽI LAJF STAJL	KALISZ POMORSKI	POL	SENIOR II K - 30	84	K 177	01:08:53	01:38:56	02:31:11.05	02:31:20.85	15:07	4

**BIEG TROJAK TRAIL - 10 KM, Senior II M - 30**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
1	STAWSKI MICHAŁ	137	TRUCHT.COM	ŁÓDŹ	POL	SENIOR II M - 30	1	M 2	00:19:10	00:29:31	00:47:46.25	00:47:48.50	4:46	12.6
2	WILK MACIEJ	259	ZAŁOGA GÓRSKA	BYTOM	POL	SENIOR II M - 30	2	M 3	00:19:29	00:29:56	00:47:48.15	00:47:52.80	4:46	12.6
3	LUTOWSKI WOJCIECH	403		BYDGOSZCZ		SENIOR II M - 30	3	M 6	00:20:08	00:31:30	00:51:34.00	00:51:35.35	5:09	11.6
4	OLKIS RAFAŁ	395	PRZEBIEGA.PL	WROCLAW		SENIOR II M - 30	4	M 10	00:21:15	00:32:55	00:53:56.10	00:54:00.70	5:23	11.1
5	ZIOMEK TOMASZ	198	KALENJI BY DECATHLON	BIELSKO-BIAŁA	POL	SENIOR II M - 30	5	M 11	00:20:28	00:32:18	00:53:58.25	00:54:03.75	5:23	11.1
6	KOPYCZOK MICHAŁ	261	TYSŁAWA TEAM	SIEMIANOWICE ŚLĄSKIE	POL	SENIOR II M - 30	6	M 13	00:22:37	00:34:31	00:55:13.10	00:55:16.75	5:31	10.9
7	PAŁĘTKO GRZEGORZ	16	NYSA BIEGA	JASIEŃ DOLNA	POL	SENIOR II M - 30	7	M 22	00:22:33	00:35:02	00:57:26.60	00:57:39.75	5:44	10.4
8	CITKO MACIEJ	276	ZAŁOGA GÓRSKA	OPOLE	POL	SENIOR II M - 30	8	M 25	00:23:07	00:36:11	00:58:24.80	00:58:29.60	5:50	10.3
9	KURAS SZYMON	129	NKB CHYŻY NOWY TOMYŚL	OPOLE	POL	SENIOR II M - 30	9	M 27	00:24:07	00:37:07	00:58:40.00	00:58:43.65	5:52	10.2
10	GRAD ŁUKASZ	233	FITNESS PIEKARY LEGNICA	LEGNICA	POL	SENIOR II M - 30	10	M 28	00:24:05	00:37:14	00:58:42.00	00:58:46.95	5:52	10.2
11	MAZURKIEWICZ JERZY	367	NIGHT RUNNERS WROCLAW	WROCLAW		SENIOR II M - 30	11	M 30	00:22:39	00:35:54	00:58:58.50	00:59:03.15	5:53	10.2
12	JANUSZEWSKI MACIEJ	123	ŚLIMAK BROWARNO-KANAPOWY	WROCLAW	POL	SENIOR II M - 30	12	M 31	00:23:03	00:36:29	00:59:10.90	00:59:20.70	5:55	10.1
13	MARGOL PAWEŁ	300	WKS ŚLĄSK WROCLAW	WROCLAW	POL	SENIOR II M - 30	13	M 33	00:23:37	00:36:47	00:59:47.45	00:59:56.75	5:58	10
14	CHODOROWSKI KRZYSZTOF	10	PRZEDWOJEWSKI MOUNTAIN TEAM	WROCLAW	POL	SENIOR II M - 30	14	M 34	00:23:32	00:37:00	00:59:56.50	01:00:07.35	5:59	10
15	OCHMAN PAWEŁ	181	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	SENIOR II M - 30	15	M 39	00:23:19	00:36:30	01:00:59.75	01:01:03.25	6:06	9.8
16	CIEŚLAK KRZYSZTOF	365	ULTRAFAZA.PL	ZIELONA GÓRA		SENIOR II M - 30	16	M 40	00:24:47	00:38:17	01:01:28.85	01:01:39.55	6:08	9.8
17	CHRZANOWSKI PAWEŁ	216		ŁĄDEK-ZDRÓJ	POL	SENIOR II M - 30	17	M 43	00:25:50	00:39:58	01:02:46.60	01:02:49.65	6:16	9.6
18	KRUPIŃSKI ZBIGNIEW	383	KOŁO BIEGA	KOŁO		SENIOR II M - 30	18	M 46	00:24:43	00:38:41	01:03:37.70	01:03:41.05	6:21	9.4
19	NOWACKI MATEUSZ	196		WROCLAW	POL	SENIOR II M - 30	19	M 48	00:24:30	00:38:39	01:03:40.80	01:03:54.65	6:22	9.4
20	BURA TOMASZ	101		NIECHLÓW	POL	SENIOR II M - 30	20	M 49	00:25:57	00:40:16	01:03:43.55	01:04:03.95	6:22	9.4
21	KOSTROWICKI JAKUB	224		SIERADZ	POL	SENIOR II M - 30	21	M 52	00:25:24	00:39:40	01:04:06.95	01:04:39.05	6:24	9.4
22	ŁUCZAK MACIEJ	237	BANDA RYCHA	MROWINO	POL	SENIOR II M - 30	22	M 55	00:26:50	00:41:07	01:04:35.70	01:05:17.45	6:27	9.3
23	HORWAT TOMASZ	299	WKS ŚLĄSK WROCLAW	WROCLAW	POL	SENIOR II M - 30	23	M 57	00:25:54	00:40:04	01:04:52.90	01:05:22.60	6:29	9.2
24	MITUŁA PAWEŁ	295	ZIĘBICE	WROCLAW	POL	SENIOR II M - 30	24	M 60	00:26:42	00:41:02	01:05:42.00	01:05:59.20	6:34	9.1
25	BARON PRZEMO	127	CONSTRAVIA	POZNAŃ	POL	SENIOR II M - 30	25	M 61	00:25:41	00:40:15	01:05:55.75	01:06:07.70	6:35	9.1
26	PÓŁROLNICZAK PAWEŁ	357	OPOLE PARKRUN	ŁUBNIAWA		SENIOR II M - 30	26	M 64	00:27:16	00:41:46	01:07:26.55	01:07:32.50	6:44	8.9
27	STRZELCZYK WIKTOR	125	HUSARIA RACE TEAM	KOLBUSZOWA	POL	SENIOR II M - 30	27	M 67	00:27:23	00:42:27	01:07:56.55	01:08:06.45	6:47	8.8
28	REJCHAL MICHAŁ	347		WARSZAWA		SENIOR II M - 30	28	M 70	00:27:21	00:42:04	01:08:08.65	01:08:36.25	6:48	8.8
29	CIEŚLAK JAKUB	370		RZEPIN		SENIOR II M - 30	29	M 72	00:27:04	00:41:42	01:08:33.95	01:08:45.85	6:51	8.8
30	KUZIEL MARCIN	153	BLACK RUNNING STRONIE ŚLĄSKIE	STRONIE ŚLĄSKIE	POL	SENIOR II M - 30	30	M 73	00:26:45	00:41:29	01:08:11.45	01:08:48.45	6:49	8.8
31	PISZCZAŁKA TOMASZ	418	ABY DO METY	TRZEBNICA		SENIOR II M - 30	31	M 74	00:27:58	00:42:47	01:08:43.90	01:08:56.25	6:52	8.7
32	GAŁEK ALEKSANDER	359	PRAGMATIQ.PL	POZNAŃ		SENIOR II M - 30	32	M 75	00:28:44	00:43:38	01:08:57.20	01:09:07.75	6:53	8.7
33	WOJBACH MARCIN	402		STRONIE ŚLĄSKIE		SENIOR II M - 30	33	M 81	00:28:20	00:43:33	01:11:00.65	01:11:10.95	7:06	8.5
34	ŚPIEWAK RADOSŁAW	392		ZIELONA GÓRA		SENIOR II M - 30	34	M 83	00:28:08	00:44:32	01:11:54.50	01:12:11.00	7:11	8.3
35	RYBARSKI PIOTR	1		DOLSK	POL	SENIOR II M - 30	35	M 85	00:29:00	00:45:16	01:11:59.55	01:12:17.60	7:11	8.3
36	STACHNIK ŁUKASZ	281		KRAKÓW	POL	SENIOR II M - 30	36	M 88	00:30:08	00:46:08	01:12:11.75	01:12:55.30	7:13	8.3
37	ZAJĄC MARCIN	119		JÓZEFOSŁAW	POL	SENIOR II M - 30	37	M 89	00:30:10	00:46:05	01:12:19.70	01:13:05.10	7:14	8.3
38	JASICKI KRZYSZTOF	168		TYCHY	POL	SENIOR II M - 30	38	M 94	00:28:59	00:45:14	01:14:03.40	01:14:09.85	7:24	8.1
39	LANG WOJTEK	206	WROCLAW MARATHON TEAM	WROCLAW	POL	SENIOR II M - 30	39	M 96	00:28:32	00:45:12	01:14:34.65	01:14:43.50	7:27	8
40	SZKÓDLŃSKI BARTOSZ	76	NARAMOWICE BIEGAJĄ	POZNAŃ	POL	SENIOR II M - 30	40	M 99	00:29:24	00:46:04	01:15:21.85	01:15:38.05	7:32	8
41	KOT TOMASZ	217		WARSZAWA	POL	SENIOR II M - 30	41	M 100	00:30:04	00:46:56	01:15:45.70	01:15:51.50	7:34	7.9

**BIEG TROJAK TRAIL - 10 KM, Senior II M - 30 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
42	RYBSKI MARIUSZ	246		SZCZECIN	POL	SENIOR II M - 30	42	M 103	00:30:00	00:47:08	01:16:02.90	01:16:22.50	7:36	7.9
43	MAZIAREK MICHAŁ	166		NIEMODLIN	POL	SENIOR II M - 30	43	M 104	00:28:43	00:44:56	01:16:01.70	01:16:33.50	7:36	7.9
44	EJSMOND MATEUSZ	399		GDAŃSK		SENIOR II M - 30	44	M 105	00:29:44	00:46:27	01:15:55.00	01:16:34.65	7:35	7.9
45	ŚWITA TOMASZ	30	PRO RUN WROCŁAW	BIELANY WROCŁAWSKIE	POL	SENIOR II M - 30	45	M 107	00:28:58	00:45:47	01:16:19.90	01:16:52.30	7:38	7.9
46	GAŁUSZKA WOJCIECH	244		KETTERING	GBR	SENIOR II M - 30	46	M 113	00:30:41	00:48:02	01:18:18.45	01:18:58.20	7:49	7.7
47	STASZEWSKI DARIUSZ	36		TOMASZÓW MAZOWIECKI	POL	SENIOR II M - 30	47	M 121	00:33:11	00:50:57	01:21:25.30	01:21:51.30	8:08	7.4
48	CIEŚLAK ŁUKASZ	393		OŚNO LUBUSKIE		SENIOR II M - 30	48	M 123	00:31:02	00:49:18	01:22:01.75	01:22:11.55	8:12	7.3
49	NIESTROJ ŁUKASZ	159		RACIBÓRZ	POL	SENIOR II M - 30	49	M 124	00:32:26	00:50:51	01:21:57.60	01:22:29.10	8:11	7.3
50	JURCZYK WOJCIECH	351		ŁĄDEK ZDRÓJ		SENIOR II M - 30	50	M 127	00:35:27	00:53:30	01:23:20.70	01:24:02.95	8:20	7.2
51	GŁÓWKA MACIEJ	157	BE BETTER	WROCŁAW	POL	SENIOR II M - 30	51	M 128	00:33:36	00:52:57	01:24:21.85	01:24:47.05	8:26	7.1
52	WILK MATEUSZ	346	RAMBO III	BYTOM		SENIOR II M - 30	52	M 129	00:34:29	00:52:44	01:24:52.30	01:25:20.65	8:29	7.1
53	KRZYŻEWSKI ROGER	60		KRAKÓW	POL	SENIOR II M - 30	53	M 130	00:32:24	00:51:50	01:25:25.65	01:25:40.05	8:32	7
54	GAJDECKI TOMEK	372	ACCENTTURE	.WARSZAWA		SENIOR II M - 30	54	M 131	00:33:31	00:52:27	01:25:18.75	01:25:51.80	8:31	7
55	WILCZYŃSKI ŁUKASZ	19	1 POMORSKA BRYGADA LOGISTYCZNA	BYDGOSZCZ	POL	SENIOR II M - 30	55	M 133	00:33:17	00:51:48	01:25:56.65	01:26:18.25	8:35	7
56	NOWAK MACIEJ	189		ŻARÓW	POL	SENIOR II M - 30	56	M 136	00:33:01	00:53:20	01:26:47.80	01:27:10.95	8:40	6.9
57	MAJEROWSKI MATEUSZ	180		WOLSZTYN	POL	SENIOR II M - 30	57	M 137	00:33:46	00:53:06	01:27:26.80	01:27:51.95	8:44	6.9
58	SZCZEPAŃSKI SEBASTIAN	192		BYSTRZYCA KŁODZKA	POL	SENIOR II M - 30	58	M 140	00:33:14	00:52:17	01:28:11.60	01:28:25.55	8:49	6.8
59	WIADEREK PIOTR	161	PĘDZĄCE ŻÓŁWIE	WARSZAWA	POL	SENIOR II M - 30	59	M 146	00:35:48	00:57:04	01:33:51.60	01:34:25.55	9:23	6.4
60	KULIK DAMIAN	415	M&M&M&M	STRASSEN	LUX	SENIOR II M - 30	60	M 150	00:35:40	00:56:47	01:36:56.95	01:37:49.55	9:41	6.2
61	MUSIELAK MAREK	417	M&M&M&M	POZNAN		SENIOR II M - 30	61	M 151	00:35:49	00:56:46	01:36:57.15	01:37:49.60	9:41	6.2
62	KOZERA KAMIL	28	HARPAGAN SOSNOWIEC	DĄBROWA GÓRNICZA	POL	SENIOR II M - 30	62	M 153	00:39:41	00:59:42	01:38:41.60	01:38:54.50	9:52	6.1
63	WYSTRYCHOWSKI MARCIN	5	BFAGENCJA.PL	WARSZAWA	POL	SENIOR II M - 30	63	M 159	00:40:12	01:02:37	01:42:33.20	01:43:19.85	10:15	5.9
64	WAWRZYŃSKI MARIUSZ	385		GÓRZÓW WIELKOPOLSKI		SENIOR II M - 30	64	M 161	00:42:33	01:08:24	01:43:49.65	01:44:37.50	10:23	5.8
65	PIGŁOWSKI DAWID	386	S-ULTRA	SANOCKO		SENIOR II M - 30	65	M 162	00:36:32	01:02:24	01:37:54.25	01:44:44.35	9:47	6.1
66	KIELASZEWSKI KAROL	102	LESZ NO LIMITS RUNNERS	LESZNO	POL	SENIOR II M - 30	66	M 163	00:39:29	01:02:42	01:45:11.65	01:45:48.35	10:31	5.7
67	KISIAŁA FILIP	96	LACHO TEAM	KRAKÓW	POL	SENIOR II M - 30	67	M 167	00:39:23	01:05:20	01:51:32.95	01:52:16.25	11:09	5.4

**BIEG TROJAK TRAIL - 10 KM, Masters K - 40**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
1	MALIK AGNIESZKA	414				MASTERS K - 40	1	K 5	00:24:53	00:38:17	01:02:03.60	01:02:13.25	6:12	9.7
2	KOLECKA SYLWIA	316	KOLECTEAM ZBĄSZYNEK	ZBĄSZYNEK	POL	MASTERS K - 40	2	K 9	00:24:17	00:38:44	01:04:15.85	01:04:23.25	6:25	9.3
3	HACZYK NATALIA	333	MUAY RUNNING TEAM	GORKI		MASTERS K - 40	3	K 16	00:26:45	00:41:16	01:07:58.40	01:08:05.75	6:47	8.8
4	SZPILAREWICZ BASIA	188	ABY DO METY	ZIĘBICE	POL	MASTERS K - 40	4	K 18	00:27:59	00:42:48	01:08:38.55	01:08:50.45	6:51	8.7
5	GRABIŃSKA GIZELA	269	ZAŁOGA GÓRSKA	WARSZAWA-WESOŁA	POL	MASTERS K - 40	5	K 20	00:27:50	00:43:18	01:10:37.55	01:10:42.95	7:03	8.5
6	WARSZCZYŃSKA ROMANA	107	LUB WYBIERZ Z LISTY	SIEROŚLAW	POL	MASTERS K - 40	6	K 35	00:28:39	00:45:32	01:16:43.60	01:17:01.95	7:40	7.8
7	GEROWSKA ALEKSANDRA	288	STOWARZYSZENIE PRZYJACIÓŁ ZWIERZĄT NOE	GOSTYŃ	POL	MASTERS K - 40	7	K 37	00:30:51	00:47:36	01:17:00.95	01:17:19.90	7:42	7.8
8	WYSTRYCHOWSKA MARZENA	7	BFAGENCJA.PL	WARSZAWA	POL	MASTERS K - 40	8	K 43	00:29:30	00:46:32	01:17:55.75	01:18:40.90	7:47	7.7
9	KOWALSKA MAŁGORZATA	285	KB HARCOWNIK JELCZ-LASKOWICE	JELCZ-LASKOWICE	POL	MASTERS K - 40	9	K 45	00:31:01	00:48:50	01:18:49.90	01:18:57.75	7:53	7.6
10	MARCINIAK ANNA	9		LEGNICA	POL	MASTERS K - 40	10	K 51	00:31:04	00:48:19	01:19:09.05	01:19:40.75	7:54	7.6
11	MROZIŃSKA RENATA	240		ALEKSANDRÓW ŁÓDZKI	POL	MASTERS K - 40	11	K 53	00:30:22	00:47:29	01:19:19.35	01:19:49.95	7:55	7.6
12	NIEMAS ANNA	64	OYAMA KARATE BRZESZCZE	BŁĄŻEJOWICE	POL	MASTERS K - 40	12	K 60	00:32:14	00:50:00	01:20:45.80	01:21:06.00	8:04	7.4
13	BISOWSKA KATARZYNA	184	KOZY W UCHU	KOBYŁKA	POL	MASTERS K - 40	13	K 68	00:33:00	00:51:18	01:22:23.40	01:22:53.15	8:14	7.3
14	GÓRNA ALDONA	214		ŚREM	POL	MASTERS K - 40	14	K 77	00:32:38	00:50:50	01:24:22.75	01:24:39.00	8:26	7.1
15	BALCERZAK AGNIESZKA	53		KONARZEWO	POL	MASTERS K - 40	15	K 87	00:33:25	00:53:14	01:25:29.10	01:26:01.70	8:32	7
16	SAWAŁA ANETA	41	TRANCE ONLY	POZNAŃ	POL	MASTERS K - 40	16	K 99	00:33:47	00:54:06	01:29:43.15	01:30:18.50	8:58	6.7
17	PRZYBYŁ JOLANTA	390		CZACHROWO		MASTERS K - 40	17	K 100	00:35:01	00:54:44	01:30:19.20	01:30:37.25	9:01	6.6
18	KACZMAREK KASIA	187		WROCŁAW	POL	MASTERS K - 40	18	K 104	00:34:30	00:54:10	01:31:45.05	01:32:18.10	9:10	6.5
19	WŁOSKOWICZ KINGA	46		WĄCHOCK	POL	MASTERS K - 40	19	K 106	00:36:29	00:57:28	01:33:28.75	01:33:34.65	9:20	6.4
20	KUZIOMKO ANIA	290	AMA TEAM	LEGNICA	POL	MASTERS K - 40	20	K 111	00:35:43	00:55:34	01:34:19.85	01:34:43.30	9:26	6.4
21	WALEŃDA KATARZYNA	315	BIEGNĘ POD PRYMUSEM	LESZNOWOLA	POL	MASTERS K - 40	21	K 118	00:37:20	00:58:12	01:36:31.75	01:36:42.95	9:39	6.2
22	KUTY MONIKA	397	DRUŻYNA MARZEŃ	KOŁO		MASTERS K - 40	22	K 125	00:39:03	01:00:55	01:38:56.95	01:39:18.80	9:53	6.1
23	DOWLASZEWSKI MAŁGORZATA	312		WROCŁAW	POL	MASTERS K - 40	23	K 127	00:38:08	01:01:41	01:39:31.90	01:39:54.85	9:57	6
24	WITCZAK ANNA	313		MŁYNOWIEC	POL	MASTERS K - 40	24	K 128	00:38:07	01:01:40	01:39:32.10	01:39:55.35	9:57	6
25	KLIN ANETA	273		BRZEG	POL	MASTERS K - 40	25	K 130	00:36:42	00:58:22	01:39:55.65	01:40:24.25	9:59	6

**BIEG TROJAK TRAIL - 10 KM, Masters K - 40 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
26	ZAGROBELNA MAGDALENA	210	DRUŻYNA SZPIKU	WROCŁAW	POL	MASTERS K - 40	26	K 133	00:40:16	01:02:00	01:40:49.10	01:41:15.40	10:04	6
27	CZAJKOWSKA MAŁGORZATA	113	KOŁO BIEGA	KOLONIA POWIERCIE	POL	MASTERS K - 40	27	K 134	00:39:03	01:00:56	01:41:03.20	01:41:24.15	10:06	5.9
28	MATUSZEWSKA PAULINA	106	HUSE TEAM	BIELSKO-BIAŁA	POL	MASTERS K - 40	28	K 135	00:41:02	01:03:23	01:41:18.00	01:41:40.55	10:07	5.9
29	ADAMCZEWSKA MARIA	235	FOREVER YOUNG ŁÓDŹ	ŁÓDŹ	POL	MASTERS K - 40	29	K 136	00:37:50	01:00:40	01:42:12.90	01:42:29.80	10:13	5.9
30	PLAWIAK-MOWNA ANNA	223		ZIELONA GÓRA	POL	MASTERS K - 40	30	K 138	00:37:09	01:00:14	01:42:31.85	01:42:49.65	10:15	5.9
31	ZAJĄC AGNIESZKA	117		JÓZEFOSŁAW	POL	MASTERS K - 40	31	K 140	00:40:15	01:02:38	01:42:33.25	01:43:18.65	10:15	5.9
32	DEC ANETA	89	ERNI RULEZ	DĘBNO	POL	MASTERS K - 40	32	K 144	00:41:30	01:05:01	01:45:27.85	01:46:10.80	10:32	5.7
33	WODZIEŃ DOROTA	348		KOŁACZYCE		MASTERS K - 40	33	K 147	00:38:53	01:02:59	01:46:37.20	01:47:15.85	10:39	5.6
34	RABSCH-SURMACZ EWA	67		POZNAŃ	POL	MASTERS K - 40	34	K 152	00:41:33	01:05:50	01:48:59.30	01:49:21.70	10:53	5.5
35	NIEZGÓDKA SYLWIA	268	ZALOGA GÓRSKA	WROCŁAW	POL	MASTERS K - 40	35	K 153	00:42:53	01:05:55	01:49:09.65	01:49:23.10	10:55	5.5
36	OLCZYK ANNA	194	PRZEDBÓRZ	PRZEDBÓRZ	POL	MASTERS K - 40	36	K 159	00:40:59	01:06:19	01:52:55.70	01:53:09.75	11:17	5.3
37	KRYNICKA ANNA	173		ŁĄDEK-ZDRÓJ	POL	MASTERS K - 40	37	K 162	00:42:01	01:07:13	01:53:50.20	01:54:17.30	11:23	5.3
38	KLINKE-OSADNIK ANETA	193	ABY DO METY	ZĄBKOWICE ŚLĄSKIE	POL	MASTERS K - 40	38	K 165	00:48:59	01:18:12	02:02:47.50	02:03:11.55	12:16	4.9
39	NAĆKIEWICZ JUSTYNA	330		BRZESKO		MASTERS K - 40	39	K 170	00:49:49	01:18:27	02:06:19.05	02:06:59.25	12:37	4.7

**BIEG TROJAK TRAIL - 10 KM, Masters M - 40**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
1	KITA MICHAŁ	18	PĘDZĄCY W MIEJSCU	WROCŁAW	POL	MASTERS M - 40	1	M 5	00:20:22	00:31:39	00:51:16.95	00:51:19.70	5:07	11.7
2	GAJEWSKI MARCIN	150	EBIEGI.PL	KŁODZKO	POL	MASTERS M - 40	2	M 14	00:21:29	00:33:49	00:55:28.95	00:55:31.15	5:32	10.8
3	BUKOWSKI EDWARD	280	KLUCZBORSKA GRUPA BIEGOWA	KLUCZBORK	POL	MASTERS M - 40	3	M 21	00:22:49	00:35:40	00:57:28.85	00:57:32.50	5:44	10.4
4	KARAMON MARCIN	344	OPOLE BIEGA	OPOLE		MASTERS M - 40	4	M 26	00:23:06	00:36:09	00:58:27.35	00:58:35.70	5:50	10.3
5	KYCIA PIOTR	389		RAWICZ		MASTERS M - 40	5	M 29	00:23:52	00:37:01	00:58:48.40	00:58:53.45	5:52	10.2
6	PRZYBYŁ PIOTR	391		CZACHROWO		MASTERS M - 40	6	M 35	00:24:03	00:37:12	01:00:21.85	01:00:27.20	6:02	9.9
7	BOBRAS ARKADIUSZ	251		PIOTRKÓW TRYBUNALSKI	POL	MASTERS M - 40	7	M 37	00:23:56	00:37:02	01:00:36.90	01:00:41.55	6:03	9.9
8	WUJDA MIROSLAW	68	ERNI RULEZ	DĘBNO	POL	MASTERS M - 40	8	M 44	00:22:48	00:36:58	01:03:13.95	01:03:20.50	6:19	9.5
9	KOLECKI DAMIAN	317	KOLECTEAM ZBĄSZYNEK	ZBĄSZYNEK	POL	MASTERS M - 40	9	M 51	00:24:17	00:38:42	01:04:15.80	01:04:23.05	6:25	9.3
10	DĄBEK MIROSLAW	179		ZIĘBICE	POL	MASTERS M - 40	10	M 58	00:22:49	00:38:09	01:05:40.80	01:05:54.25	6:34	9.1
11	BOCHAN LESŁAW	384		PIŁA		MASTERS M - 40	11	M 63	00:27:03	00:41:47	01:06:52.40	01:07:06.45	6:41	9
12	DROZD PRZEMYSŁAW	97	RAISPORT ACTIVE	OPOLE	POL	MASTERS M - 40	12	M 65	00:27:08	00:41:44	01:07:38.20	01:07:44.40	6:45	8.9
13	SAWICKI KONRAD	310		WARSZAWA	POL	MASTERS M - 40	13	M 66	00:27:24	00:42:06	01:07:30.05	01:07:47.25	6:45	8.9
14	SERWATKA WOJCIECH	368		KAMIENIEC WROCŁAWSKI		MASTERS M - 40	14	M 69	00:27:48	00:42:39	01:07:53.30	01:08:35.20	6:47	8.8
15	SPYCHAJ MAREK	62		KROTOSZYN	POL	MASTERS M - 40	15	M 77	00:27:22	00:42:40	01:08:52.85	01:09:27.40	6:53	8.7
16	RAKOCZY JERZY	329		ŁĄDEK ZDRÓJ		MASTERS M - 40	16	M 78	00:27:27	00:42:49	01:09:35.75	01:09:38.90	6:57	8.6
17	KLIN ROBERT	63	WATAHA	BRZEG	POL	MASTERS M - 40	17	M 79	00:26:16	00:41:35	01:09:37.95	01:10:06.30	6:57	8.6
18	NIETRZEBA ROBERT	118		IWINY	POL	MASTERS M - 40	18	M 82	00:28:59	00:45:30	01:10:56.50	01:11:22.20	7:05	8.5
19	STEFANOWSKI MARIUSZ	82		OPOLE	POL	MASTERS M - 40	19	M 86	00:28:11	00:43:37	01:12:18.50	01:12:30.20	7:13	8.3
20	ROLIŃSKI RADOSŁAW	202		OLEŚNICA	POL	MASTERS M - 40	20	M 90	00:28:09	00:43:48	01:12:51.60	01:13:06.30	7:17	8.2
21	RYBA PIOTR	54		KROTOSZYN	POL	MASTERS M - 40	21	M 92	00:28:01	00:44:41	01:12:38.25	01:13:13.55	7:15	8.3
22	SZTYLKA DARIUSZ	298	WKS ŚLĄSK WROCŁAW	WROCŁAW	POL	MASTERS M - 40	22	M 95	00:28:01	00:44:16	01:14:02.80	01:14:31.45	7:24	8.1
23	KULAKOWSKI TOMASZ	156		WARSAW	POL	MASTERS M - 40	23	M 98	00:29:20	00:45:40	01:15:26.10	01:15:34.75	7:32	8
24	MROZIŃSKI ALBERT	241		ALEKSADRÓW ŁÓDZKI	POL	MASTERS M - 40	24	M 101	00:29:07	00:46:10	01:15:25.90	01:15:56.70	7:32	8
25	SOBCZAK MAREK	239	SZCZYTNIKI	SZCZYTNIKI	POL	MASTERS M - 40	25	M 102	00:30:40	00:47:17	01:16:00.80	01:16:20.70	7:36	7.9
26	TADROWSKI TOMASZ	92		INOWROCŁAW	POL	MASTERS M - 40	26	M 108	00:31:39	00:48:44	01:16:44.00	01:17:20.70	7:40	7.8
27	KORNAŚ MARCIN	6	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	ZĄBKOWICE ŚLĄSKIE	POL	MASTERS M - 40	27	M 109	00:29:54	00:47:14	01:17:17.45	01:17:28.85	7:43	7.8
28	BUSS JAKUB	25	KUDOWSCY MIŁOŃNICE BIEGANIA	KUDOWA ZDRÓJ	POL	MASTERS M - 40	28	M 112	00:31:22	00:48:58	01:18:11.75	01:18:57.65	7:49	7.7
29	BUSZKA ŁUKASZ	400		ŁÓDŹ		MASTERS M - 40	29	M 120	00:31:13	00:48:36	01:21:17.30	01:21:26.60	8:07	7.4
30	JAŹWIECKI MARCIN	291	MUAY RUNNING TEAM	POZNAŃ	POL	MASTERS M - 40	30	M 125	00:31:50	00:49:56	01:22:52.80	01:23:07.65	8:17	7.2
31	WIĄCZEK MARCIN	289	SUDECKA ZYLETA	GŁUSZYCA	POL	MASTERS M - 40	31	M 126	00:30:42	00:49:19	01:23:05.55	01:23:30.95	8:18	7.2
32	RYCHŁOWSKI RYSZARD	50		PIŁA	POL	MASTERS M - 40	32	M 135	00:32:29	00:52:10	01:26:36.55	01:26:46.95	8:39	6.9
33	GASEK KONRAD	331		ŚWIDNICA		MASTERS M - 40	33	M 141	00:33:25	00:53:14	01:28:08.90	01:28:52.45	8:48	6.8
34	SAWAŁA SŁAWOMIR	43	TRANCE ONLY	POZNAŃ	POL	MASTERS M - 40	34	M 144	00:33:51	00:54:06	01:29:43.15	01:30:18.65	8:58	6.7
35	JAŚKOWIAK TOMASZ	278		POZNAŃ	POL	MASTERS M - 40	35	M 147	00:33:19	00:53:20	01:34:11.30	01:34:50.85	9:25	6.4
36	NOWAK WOJCIECH	380		WROCŁAW		MASTERS M - 40	36	M 148	00:34:55	00:56:22	01:35:59.20	01:36:28.95	9:35	6.3
37	BAŁYS DARIUSZ	337	WK GOPR	STRONIE ŚLĄSKIE		MASTERS M - 40	37	M 149	00:36:38	00:57:36	01:36:45.55	01:36:52.90	9:40	6.2

**BIEG TROJAK TRAIL - 10 KM, Masters M - 40 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
38	PAKUŁA ARKADIUSZ	355		KROSNO		MASTERS M - 40	38	M 154	00:38:21	00:59:38	01:39:20.30	01:39:31.40	9:56	6
39	ŁYSKAWA MICHAŁ	55		KROTOSZYN	POL	MASTERS M - 40	39	M 155	00:34:21	00:56:14	01:39:46.85	01:40:22.85	9:58	6
40	MAŁEK PIOTR	376	MORSY TUREK	TUREK		MASTERS M - 40	40	M 156	00:38:51	01:01:23	01:40:32.25	01:41:10.05	10:03	6
41	WYSOCKI GRZEGORZ	378	MORSY TUREK	WŁADYSŁAWÓW		MASTERS M - 40	41	M 157	00:38:49	01:01:21	01:40:32.95	01:41:10.60	10:03	6
42	CZAJKOWSKI KRZYSZTOF	115	KOŁO BIEGA	POWIERCIE KOLONIA	POL	MASTERS M - 40	42	M 158	00:39:02	01:00:56	01:41:01.65	01:41:24.30	10:06	5.9
43	KARWOWSKI SŁAWOMIR	253		CZEMIERNIKI	POL	MASTERS M - 40	43	M 160	00:40:00	01:04:21	01:43:20.35	01:43:32.80	10:20	5.8
44	DEC ARTUR	88	ERNI RULEZ	DĘBNO	POL	MASTERS M - 40	44	M 164	00:41:30	01:05:02	01:45:51.55	01:46:34.05	10:35	5.7
45	LULA RADOSŁAW	155		WARSZAWA	POL	MASTERS M - 40	45	M 165	00:34:09	00:56:52	01:46:05.00	01:46:45.80	10:36	5.7
46	WODZIEŃ ANDRZEJ	419		RZESZÓW		MASTERS M - 40	46	M 166	00:38:55	01:02:58	01:46:36.50	01:47:15.95	10:39	5.6
47	KONOPACKI KRZYSZTOF	185	ABY DO METY!	ZĄBKOWICE ŚLĄSKIE	POL	MASTERS M - 40	47	M 169	00:49:07	01:18:14	02:02:48.05	02:03:14.40	12:16	4.9
48	BOMBA JAROSŁAW	40		ŁĄDEK-ZDRÓJ	POL	MASTERS M - 40	48	M 170	00:44:37	01:15:16	02:05:18.20	02:05:38.85	12:31	4.8
49	SIECZKOWSKI ARTUR	15	NATURAL BORN RUNNERS TEAM	KOSTRZYN NAD ODRĄ	POL	MASTERS M - 40	49	M 172	00:49:12	01:18:31	02:06:20.30	02:06:59.05	12:38	4.7
50	KRUZEL RAFAŁ	296	BIEGOWE MISIE	LEGNICA	POL	MASTERS M - 40	50	M 173	00:45:34	01:11:56	02:06:37.95	02:07:08.40	12:39	4.7
51	WINIARSKI ROBERT	59		LEGNICA	POL	MASTERS M - 40	51	M 175	00:43:03	01:12:42	02:11:21.25	02:12:08.10	13:08	4.6
52	SOKOŁOWSKI MACIEJ	354		ŁĄDEK ZDRÓJ		MASTERS M - 40	52	M 178	00:57:39	01:30:29	02:31:58.30	02:32:28.90	15:11	3.9

**BIEG TROJAK TRAIL - 10 KM, Weteran K - 50**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
1	LUBAŃSKA ALICJA	243	DOBIEGNĘ! BUKOWICE	BUKOWICE	POL	WETERAN K - 50	1	K 34	00:29:11	00:45:50	01:16:53.05	01:16:56.00	7:41	7.8
2	PTASZYŃSKA JOANNA	98		WROCŁAW	POL	WETERAN K - 50	2	K 52	00:32:10	00:49:18	01:19:27.60	01:19:49.70	7:56	7.6
3	MRÓZ URSZULA	209		STRONIE ŚLĄSKIE	POL	WETERAN K - 50	3	K 93	00:33:29	00:52:12	01:27:27.10	01:27:34.05	8:44	6.9
4	NEUMANN BEATA	212	CENTRUM ŁĄKOWA 1	RADKÓW	POL	WETERAN K - 50	4	K 102	00:34:39	00:54:37	01:31:44.05	01:32:00.25	9:10	6.5
5	CHWIAŁKOWSKA EWA	71		TORUŃ	POL	WETERAN K - 50	5	K 108	00:36:17	00:57:05	01:34:11.35	01:34:41.05	9:25	6.4
6	SZAFRAŃSKA JOANNA	334	PARKRUN ŚWINOUJŚCIE	ŚWINOUJŚCIE		WETERAN K - 50	6	K 112	00:35:33	00:57:10	01:34:55.30	01:35:25.35	9:29	6.3
7	MICHAŁSKA AGNIESZKA	335	PARKRUN ŚWINOUJŚCIE	ŚWINOUJŚCIE		WETERAN K - 50	7	K 113	00:35:52	00:57:10	01:34:54.25	01:35:25.45	9:29	6.3
8	RAJCZAKOWSKA ANNA	172		ŁĄDEK-ZDRÓJ	POL	WETERAN K - 50	8	K 151	00:40:12	01:03:14	01:48:48.70	01:49:15.65	10:52	5.5
9	PASTUSZKA JOANNA	200	RUNLDZ	ŁÓDŹ	POL	WETERAN K - 50	9	K 160	00:41:00	01:06:22	01:52:57.45	01:53:10.30	11:17	5.3
10	ŚCIOCH MARTA	256	NIE WIERZĘ, ŻE TO ROBIĘ	PRUSZKÓW	POL	WETERAN K - 50	10	K 173	00:47:05	01:16:24	02:07:48.25	02:07:53.45	12:46	4.7

**BIEG TROJAK TRAIL - 10 KM, Weteran I M - 50**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
1	HACZYK JAROSŁAW	369	BIEG POLSKA	OPOLE		WETERAN I M - 50	1	M 7	00:21:10	00:32:39	00:53:18.25	00:53:22.90	5:19	11.3
2	KUŹMA PRZEMYSŁAW	141	NIEZRZESZONY	JANOWICE	POL	WETERAN I M - 50	2	M 59	00:25:53	00:40:12	01:05:51.20	01:05:55.55	6:35	9.1
3	CHORZĘPA ADAM	286		SZCZYTNA	POL	WETERAN I M - 50	3	M 71	00:26:51	00:41:36	01:08:38.80	01:08:42.15	6:51	8.7
4	PASTUSZAK MIROSLAW	352	RUN ŁDZ	ŁÓDŹ		WETERAN I M - 50	4	M 76	00:28:15	00:43:18	01:09:09.55	01:09:19.95	6:54	8.7
5	DŁUGOSZ MAREK	292	KB GEOTERMIA UNIEJÓW	WARTKOWICE	POL	WETERAN I M - 50	5	M 84	00:28:23	00:44:27	01:12:05.25	01:12:11.70	7:12	8.3
6	NEUMANN JACEK	211	CENTRUM ŁĄKOWA1	RADKÓW	POL	WETERAN I M - 50	6	M 91	00:28:58	00:44:56	01:12:55.75	01:13:09.60	7:17	8.2
7	WARSZCZYŃSKI RAFAŁ	108	LUB WYBIERZ Z LISTY	SIEROŚLAW	POL	WETERAN I M - 50	7	M 110	00:28:58	00:45:42	01:17:32.25	01:17:49.75	7:45	7.7
8	SZCZEPANIAK ADAM	73	TĘPE DZIDY	BUGUSZÓW-GORCE	POL	WETERAN I M - 50	8	M 111	00:30:10	00:47:18	01:18:21.65	01:18:43.70	7:50	7.7
9	RAPCZUK TOMASZ	242		CHOCIANÓW	POL	WETERAN I M - 50	9	M 114	00:28:56	00:46:27	01:19:13.45	01:19:20.60	7:55	7.6
10	BALICKI JACEK	56	BIEGACZ NOWOSOLNA	ŁÓDŹ	POL	WETERAN I M - 50	10	M 116	00:32:35	00:50:04	01:20:02.00	01:20:06.10	8:00	7.5
11	MAJCHRZAK DARIUSZ	401	KM UMK TORUŃ	TORUŃ		WETERAN I M - 50	11	M 119	00:29:41	00:46:30	01:20:40.90	01:21:14.65	8:04	7.4
12	IMIŃSKI CEZARY	122		ZGIERZ	POL	WETERAN I M - 50	12	M 132	00:33:50	00:53:08	01:25:47.90	01:26:08.60	8:34	7
13	WIADEREK SŁAWOMIR	162	PĘDZĄCE ŻÓŁWIE	WARSZAWA	POL	WETERAN I M - 50	13	M 145	00:35:48	00:57:03	01:33:50.50	01:34:25.40	9:23	6.4
14	ŚCIOCH ANDRZEJ	255	NIE WIERZĘ, ŻE TO ROBIĘ	PRUSZKÓW	POL	WETERAN I M - 50	14	M 174	00:47:06	01:16:24	02:07:50.15	02:07:54.45	12:47	4.7
15	MADERA BOGDAN	134		ŚWIDNICA	POL	WETERAN I M - 50	15	M 176	00:57:59	01:29:59	02:31:37.55	02:32:19.50	15:09	4

**BIEG TROJAK TRAIL - 10 KM, Weteran II K - 60**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
1	ZAJĄC KRYSZYNA	27		WAŁBRZYCH	POL	WETERAN II K - 60	1	K 49	00:30:02	00:47:21	01:19:01.55	01:19:25.55	7:54	7.6
2	HACZYK GABRIELA	328	BIEG OPOLSKI	OPOLE		WETERAN II K - 60	2	K 109	00:35:29	00:55:59	01:34:01.50	01:34:42.25	9:24	6.4
3	RAPACZ DANUTA	327	SPEEDO POLSKA	STRONIE ŚLĄSKIE		WETERAN II K - 60	3	K 119	00:36:15	00:57:33	01:36:40.40	01:36:51.80	9:40	6.2
4	PACZUSKA MAŁGORZATA	247	FOREVER YOUNG ŁÓDŹ	ŁÓDŹ	POL	WETERAN II K - 60	4	K 137	00:37:48	01:00:40	01:42:17.35	01:42:34.60	10:13	5.9
5	BURCHARDT MIRKA	167	PUDZIAN	BYDGOSZCZ	POL	WETERAN II K - 60	5	K 155	00:39:56	01:05:16	01:49:30.30	01:50:04.65	10:57	5.5
6	KUIPERS MIES	324				WETERAN II K - 60	6	K 169	00:43:36	01:13:34	02:05:14.50	02:05:46.50	12:31	4.8
7	KRAWCZYK BOŻENA	254	NIE WIERZE, ŻE TO ROBIĘ	ULAN-MAJORAT	POL	WETERAN II K - 60	7	K 174	00:47:08	01:16:22	02:07:56.55	02:08:01.90	12:47	4.7
8	BAKOWSKA MARIA	279	ZAŁOGA GÓRSKA	GNIEZNO	POL	WETERAN II K - 60	8	K 175	00:47:57	01:17:12	02:10:45.95	02:11:27.90	13:04	4.6
9	KWIATKOWSKA BARBARA	110		WOJNOWICE	POL	WETERAN II K - 60	9	K 176	00:44:22	01:13:47	02:13:01.70	02:13:49.30	13:18	4.5

**BIEG TROJAK TRAIL - 10 KM, Weteran II M - 60**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
1	TAMBOR JAN	406		KŁODZKO		WETERAN II M - 60	1	M 122	00:32:08	00:49:53	01:21:49.80	01:21:52.05	8:11	7.3
2	GADZINOWSKI IGNACY	182		RADOM	POL	WETERAN II M - 60	2	M 134	00:32:28	00:51:05	01:26:09.60	01:26:31.05	8:37	7
3	JASICKI JULIAN	174	STRONSKA GRUPA ROWEROWA	ŁĄDEK-ZDRÓJ	POL	WETERAN II M - 60	3	M 142	00:32:04	00:51:34	01:29:20.25	01:29:29.10	8:56	6.7
4	KONIKOWSKI PAWEŁ	197		POZNAŃ	POL	WETERAN II M - 60	4	M 152	00:35:34	00:57:12	01:37:42.85	01:38:04.25	9:46	6.1
5	SHELVIS WOUTER	325				WETERAN II M - 60	5	M 171	00:43:40	01:13:34	02:05:15.60	02:05:46.50	12:31	4.8
6	SOKOŁOWSKI KAZIMIERZ	109		GDAŃSK	POL	WETERAN II M - 60	6	M 177	00:57:39	01:30:28	02:31:58.90	02:32:28.25	15:11	3.9